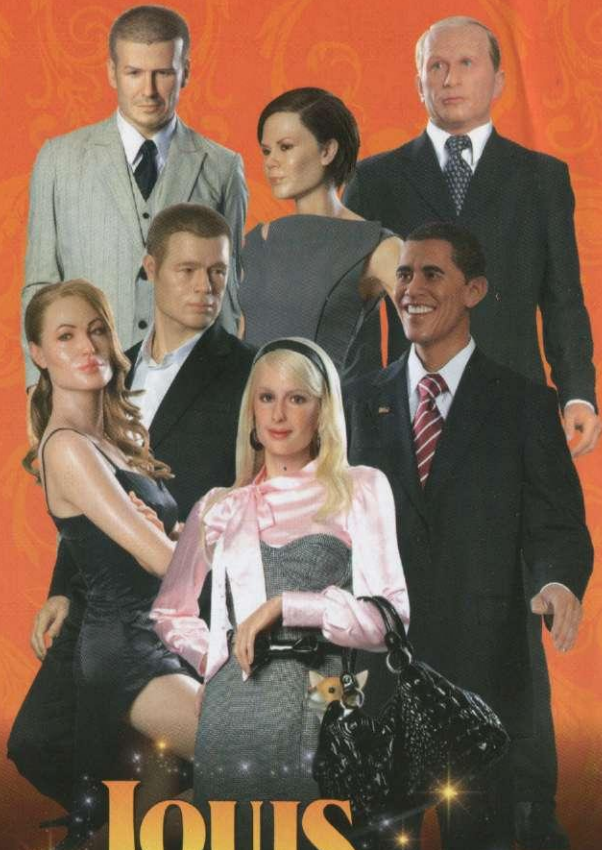


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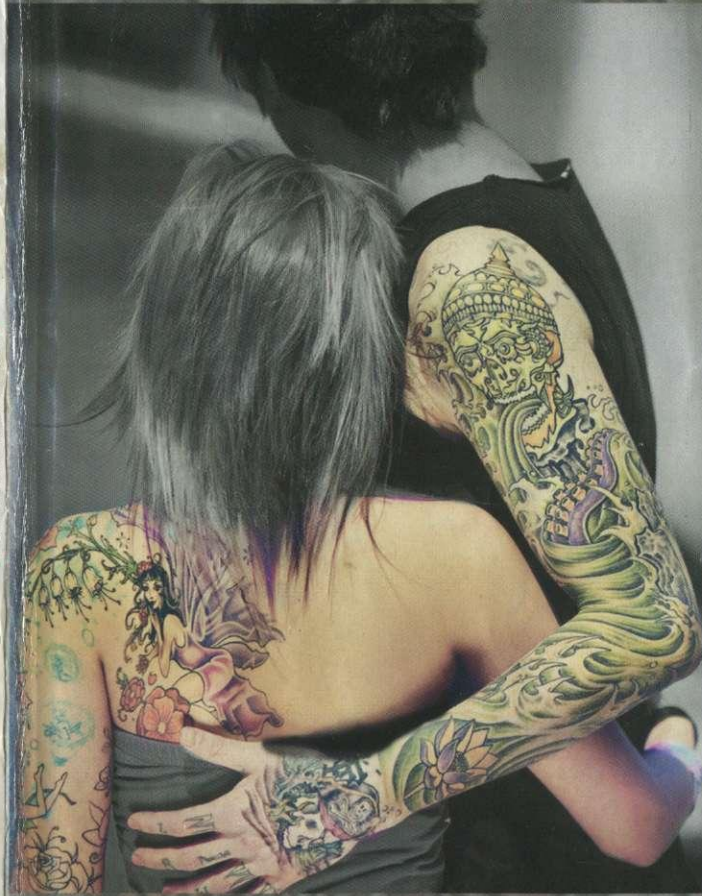
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PATTAYA TRAVELLER

VOL. 12 No. 138

*Traveller*  
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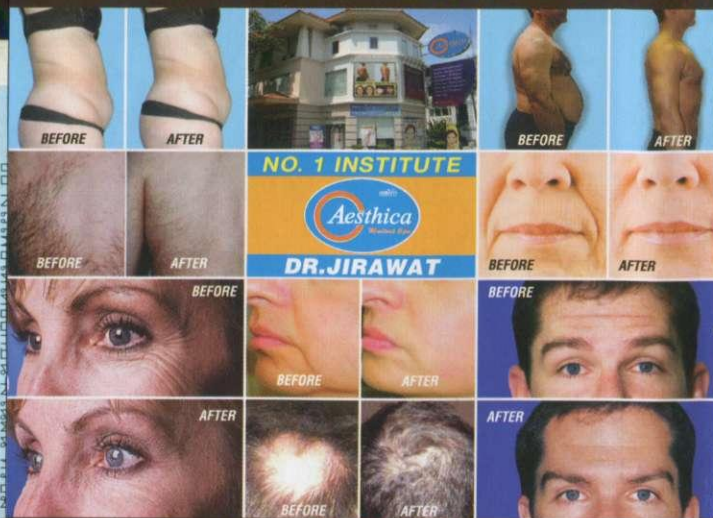
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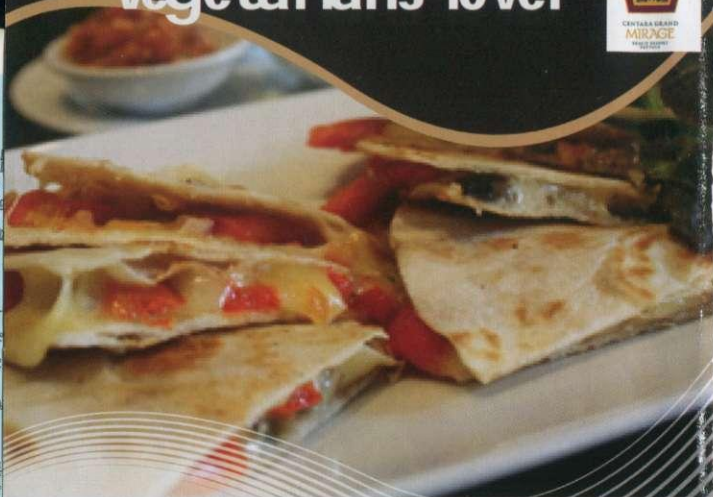


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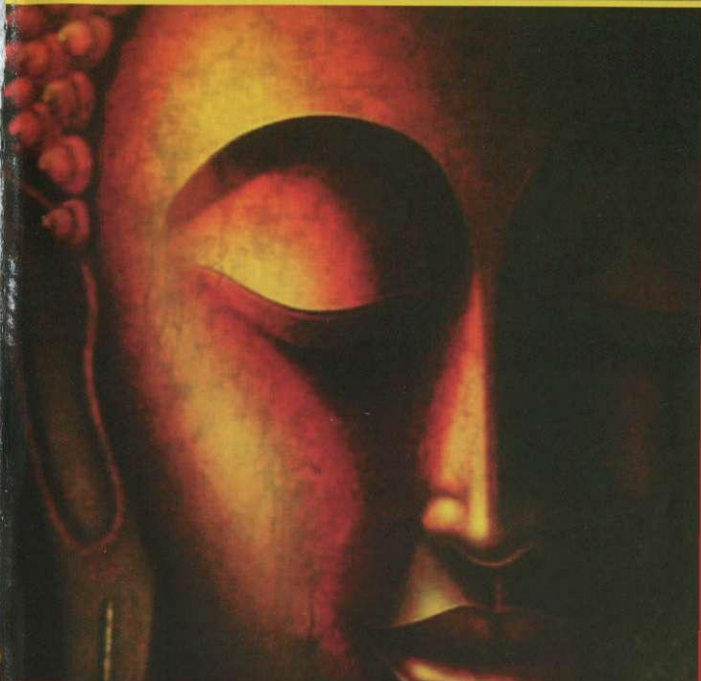
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Where will I meet you?



# The Pattaya Traveller

## Welcome to Pattaya

Pattaya lies 150km to the southeast of Bangkok, less than two hours by road, and stretches for some 15km along the Eastern Seaboard. Thailand's largest resort, it shares the coast with traditional fishing villages, other resorts such as Bang Saen and Rayong, new industrial centres, the towns of Chonburi and Sriracha, and the port and naval base of Sattahip. Pattaya beach is a palm-fringed, sandy bay with a view of coral islands on the horizon. Nearby are other cliffs and other bays, while inland, the region is rich in agricultural products including sugar cane, tapioca, rubber, and fruit trees.



Pattaya in the 1960s was just a little fishing village, until a few Bangkok residents began to take their weekends here and generated a modest local tourist industry. Even so, the only hotel of any size was the Nipa Lodge; other accommodation tended towards

holiday bungalows and beach huts. The Vietnam War saw the start of Pattaya's international reputation, for the fledgling resort was used as an official R&R centre for the US forces. They were flown into U-Tapao Airport which was built for American use at the time, and shops, services, bars and hotel accommodation grew to meet the demand.

Pattaya is now a city in its own right, with its own mayor and its own administration. This is not all due to tourism. The government development programme for the Eastern Seaboard has transformed the region, and this rapid industrial and commercial expansion has led to many expatriates coming to live in the area. There is a new deep-sea port at Laem Chabang, 20 km north of Pattaya with a vast industrial estate, and another development zone at Map Ta Phut near Rayong to the south. Pattaya City is well located to be a major business centre serving these two giant industrial communities. There are five international schools and four international hospitals in the area.

## Fun for All

As a beach resort with city status, Pattaya has something for everyone. Whereas most other beach resorts rely simply on natural surroundings for their charm, Pattaya makes an all-out attempt to provide the best of everything. There is just about everything you can think of for recreation, entertainment, sightseeing and fun. Pattaya can be whatever you want it to be. Such is its variety that it is ideal for all kinds of visitors. While there is plenty to keep the children happily occupied, there is

also everything for the sports enthusiastic, for couples of all ages seeking rest and relaxation and for those who are simply looking for warm sunshine.

After-dark, options include open-air bars, nightclubs, cabaret shows and discos. The nightlife centre is South Pattaya, popularly known as "The Strip", but if this is a trifle brash and noisy for some tastes, there are alternative, quieter spots for evening fun in more relaxed style. Shopping too, can be an evening attraction. Most establishments close late, and the dedicated bargain hunter can find all of Thailand's best buys - silk, gems and jewellery, tailor-made clothing, handicrafts and more.



## Accommodation

Pattaya boasts an incredible choice of accommodation to suit every pocket. Facilities range from luxury hotels with private beaches to bayside hotels and bungalows, and inland, economy class hotels and guest houses.

## Getting There

The easiest and most popular way to reach Pattaya is by bus. From the Eastern Bus Terminal (Ekamai) on Sukhumvit Road, there are departures every 30 minutes by air-conditioned bus from 5am until 10pm. The one-way fare is Bt 90. From the Northern Bus Terminal (Morchit II), there are departures again every 30 minutes from 5am until 7pm with a one way fare of Bt 97. Few visitors to Pattaya are aware that the city does have a railway station. It is north of Sukhumvit Rd close to the Siam Country Club. One train a day leaves Bangkok's Hualamphong station at 7am, and it takes up to five hours to reach Pattaya, stopping at many stations along the way. U-Tapao airport, which is located near Sattahip, has very few scheduled flights. Most visitors travelling this way are on chartered flights. Alternatively for those who prefer to arrive with more comfort and style, Image 5 Star Taxi Company can transfer you to Pattaya, 24 hours a day.

## Getting Around

For getting around the main bay area, the minibuses and baht buses charge a flat fare of Bt10. The run to Naklua is also Bt10, and to Jomtien Bt30. Drivers usually ask for Bt40 to travel up the hill to the Royal Cliff Beach Resort. Motorcycle hire will cost you between Bt150 and Bt700 a day, depending on size. Be very confident of your ability to handle the bigger bikes, including your skills in taking swift evasive action. Wear a crash helmet. A jeep from a beachside vendor is about Bt1000 a day. Check that you have enough gasoline in the tank to get yourself to the nearest filling station, and satisfy yourself that the brakes are sharp. You will not be asked to show your driving licence, but most of these beachside hire places will ask that you deposit your passport with them. Ask where they are going to keep it, because it may



simply be placed in the attendant's pocket or shoulder bag and travel around with him. Bicycles can be hired from beachside vendors at Bt100 a day, or Bt20 an hour. If you prefer to drive reputable vehicles with full insurance cover, and it is strongly advised, Pattaya has a choice of car rental companies. Two leading names are Budget Car and Truck Rental at Thip Plaza and Avis which is based at the Dusit Resort in North Pattaya. In addition to international standards of service, these companies will also offer you special deals, tour ideas, maps and other attractions to make your stay easier. If you prefer not to self drive then Image 5 Star Taxi Company offers 1 way/ return trips throughout Pattaya or hour by hour hire. They will pickup at your hotel or condo with their door to door service.



### Climate

Pattaya has three seasons: November to February, when it's hot; March to May, when it's hot and humid; and June to October, when it's hot and wet.

### Clothing

Dress as lightly as possible. Because of the heat and humidity, man-made fibres are not recommended. Pack some cool cottons, and if you find you are changing your clothes at an alarming rate, you will be able to buy locally made clothing very cheaply. Shorts and sandals are the usual daytime wear. In hotels and the more upmarket restaurants, wear smart casual. If visiting a temple, the usual dress rules apply: gentlemen, no shorts please, and long sleeves are preferred; ladies, no shorts, short skirts, or halter-tops.

### Post and Telecommunications

The Post Office and international telephone office are together in South Pattaya on Soi 13/2, known to all as Soi Post Office. There are also several privately run long-distance phone centres, most notably along Beach Road. These will be slightly more expensive than the government service.

### Internet Services

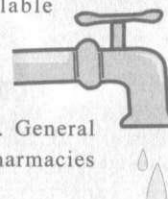
As in Bangkok, the number of Internet cafes seems to increase every week. Most will post their rates in the window, and as competition is intense, the prices are invariably low.

### Health & Safety

Never drink tap water, and don't even gargle with it. Always use bottled water, which is readily available and inexpensive, particularly if you choose a local brand. The sun is strong, even during the rainy season and when there is cloud cover, so use a good sunscreen and limit your exposure time. Malaria is no threat, but mosquito bites can be a major irritant. Seafood is mostly caught locally and is of high quality, but given the spicy ingredients to



almost any meal, the occasional upset stomach is a possibility. The most likely way of slowing down your vacation is by having an accident, so watch your step when crossing the road, even (or especially) at traffic lights and pedestrian crossings. Medicine for minor ailments are readily available at the many drug stores in the city, and a high standard of medical treatment for more serious problems can be expected from most of the clinics and hospitals. General practitioners, dentists, opticians and pharmacies are readily available.



Each of the private hospitals has its own ambulance service and 24-hour emergency facilities. Most medical specialties are represented: neurology, orthopedics, obstetrics, gynecology, pediatrics, internal medicine, surgery, urology, dentistry. Bangkok Pattaya Hospital is the referral hospital for cardiac patients as well as for other severe traumas and injuries. Note that an ambulance is not routinely called in the event of an automobile accident, and if you require assistance from the government service, a Thai-speaking person should dial 191 in Pattaya or 193 on the highway to arrange an ambulance service.

For information and advice, the Tourism Authority of Thailand (TAT) Central Office : Region 3 (Pattaya) is open seven days a week throughout the year, including public and national holidays, from 8.30 am until 4.30 pm. Tel (038) 428 750 or 429 113.

### Action Attractions

Pattaya is one of the oldest diving centres in this part of Asia. It has a year-round diving season with good visibility, the waters have a mean temperature of 28 degrees C, and there is a rich variety of marine life and coral. There is a great wreck that divers can explore. Located about 1-1/2 hours from Pattaya is the HTMS Khram Wreck. This 60 meter vessel lies upright in 28 meters of water. Here, you can watch as Big Bat Fish, Schooling Baracuda and Sting Ray make their way around the wreck. Most of the centers along the waterfront costs average at about 3,000 baht per day, including transportation, food and equipment.

Visitors can windsurf, water ski, sea walk, swim, sunbathe, snorkel, sail, or take trips to offshore coral islands. They can rent water scooters to explore Pattaya Bay, and motorcycles and jeeps to explore neighbouring beaches such as the increasingly popular Jomtien just south of Pattaya. Tennis enthusiasts can enjoy themselves at the courts of leading hotels. Further entertainment includes bowling alleys, snooker halls, shooting galleries and archery.



# USEFUL INFORMATION

## Visas

### *Tourist Visas*

Most tourists enter Thailand on an airport issued tourist visa. However, such visas are not available to citizens of every country and, if in doubt, individuals should check prior to travel with an appropriate person or body. Thai embassies would be the best bet, although information is generally also available from travel agents and various on-line resources. By way of example, citizens of the UK, the US, Australia, Germany and France will generally be awarded a 30-day visitor's visa upon arrival. Citizens of China and India will generally be given one for 15 days.

Longer tourist visas can be obtained from Thai embassies and consulates overseas. These are typically 90 day visas. However, upon entering the Kingdom, permission will be granted to stay for 60 days. Confused? You should be. However, an extension for not more than 30 days may be obtained by visiting an immigration office (the Pattaya office is located on Soi 5 at Jomtien Beach). It will cost you 1,900 Baht.

As with any Thai visa, DO NOT under any circumstances overstay. If your default is only spotted as you are leaving the Kingdom, you will simply be fined 500 Baht per day up to a maximum of 20,000 Baht. However, consequences of being caught before you reach the airport can be very severe and are likely to include imprisonment until you can get the money to pay a fine and produce a one way air ticket to your home country.

### *Non-immigrant visas*

Subject to certain conditions, such visas are available for certain classes of foreign nationals, including those who have found employment in Thailand, those married to a Thai national and those of retirement age (for the purpose of this, 50 years of age). For individuals who do not fall into any of those categories, there is provision for multiple entry. Non-immigrant visas to be granted for "other activities". However, it is generally believed that the prospects of obtaining such a visa on such grounds are best at Thai Embassies and Consulates in the US, the UK, Australia and Europe. It is very unlikely one would be issued in a country near to or neighbouring Thailand. Such visas are valid for between three months and one year and the application should

ideally be made to a Thai Embassy or Consulate General in your home country.

Ordinary multiple entry Non-immigrant visas, valid for twelve months, will nevertheless require the holder to report to the Immigration Office with completed form TM47 every 90 days. Other classes of Non-immigrant visas require the holder to report to their local immigration office every 90 days. If you are uncertain as to the requirements for your particular visa, you are advised to speak to the Thai Immigration Service. It pays to be sure because even an honest mistake will mean you are guilty of overstaying and subject to the harsh punishments outlined above.

Remember, only those individuals with a valid work permit may work in the Kingdom.

### *Warning*

Under no circumstances must you allow any agent to renew your visa for you. Although certain unscrupulous individuals will offer such a service, it is illegal. Moreover, both an agent undertaking the service and the foreign national benefiting from it are committing an offence. You MUST renew your visa in person. Anyone found not to have done so will be arrested, charged with illegal entry into the Kingdom and not only deported, but also blacklisted, meaning they will be unable to return to Thailand in the future.

### *"Thailand Elite" Membership Card*

Although very expensive at between one and two million Baht, depending upon the status of the proposed member, it is now possible to apply for a Thailand Elite membership card, which brings a number of benefits to those lucky enough to be able to afford the cost and to be accepted into the scheme. Most notably, membership brings with it a special five-year visa, travel privileges and, subject to certain limitations, the right to own land.

### *Always carry your Passport*

The immigration service can fine you for not having your passport with you at any time, although a good quality photocopy should usually be acceptable so long as it includes the following:

- \* Title page (the one with your photo and personal information)
- \* Visa page
- \* Latest entry stamp
- \* Immigration departure card



## Owning Property in Thailand

### Land

As a matter of Thai law, foreigners are prohibited from owning land in Thailand. This includes foreign-owned companies, although, in theory, a company with a simple majority Thai ownership (i.e 51% Thai) can do so. However, in practice, to get through the necessary hurdles without complications, any such company should be 60 to 70% Thai owned. There is now a conditional and limited exception to this for holders of a Thailand Elite Membership Card.

### Leases

In simple terms, it is permissible for foreign nationals to lease land in Thailand for up to 30 years and such a lease can be renewed for a similar period upon expiration of the initial term. However, such a lease must be registered with the land department. If it is not, it will only be valid for three years, regardless of the term.

### Condominiums

Subject to certain conditions, foreign nationals are entitled to own individual condominium units in Thailand outright.

## Thai Driving Licenses

### Requirements

You must be 18 years of age to legally drive a car in Thailand and hold a license. While, for tourists, an international drivers' license will suffice, for those remaining in the Kingdom for an extended period, you would be advised to apply for a Thai license.

### Application

You will require the following to make the necessary application at the licensing office (in Pattaya, it is located on Highway 36, close to the School of the Regents), which must be made in person:

### What you will need the first time

1. Two recent photographs 3.0cm high x 2.5 cm wide.
2. Health certificate available from most clinics and costs around 80 to 120 baht.
3. Passport with a current NON IMMIGRANT visa for Thailand.
4. Photocopies of : (each copy signed by you)
  - (a) Non Immigrant Visa page in your passport. Include your "Entry to Thailand" stamp.
  - (b) The page of your passport that has your photo and personal details.
  - (c) Copy of your TM card. (the white card issued to you on entry into The Kingdom of Thailand.)
  - (d) Copy of your current driver's license from your country or International license.

5. A letter from Immigration certifying your home address in Thailand. This costs 200 baht and you will need to give Immigration copies of your passport pages mentioned in a, b and c above as well as two passport size photos.

Immigration is located in Soi 5 Jomtien.

You will need to:

- a. Take a copy of your rental agreement (or your Chanot "deed" if you own a condo) for proof of address.
- b. Take your passport and 2 recent photos as mentioned above. (3.0cm high x 2.5 cm wide)

A fee will be charged, of 105 Baht valid for one year for licenses of cars and motorcycles and of 405 Baht (motorcycle) and 655 Baht (car) for one with five year validity.

You will need to complete an application form (available only in Thai), although the staff at the licensing office will usually do it for you, meaning you only have to sign. You will also have to take a quick test for colour blindness and another for reaction (press an 'accelerator' pedal and then as quickly as possible after lights start, a 'brake' pedal). The office opens at 8.30 AM and you are advised to go early to avoid the crowds.

### Tips

In order to obtain the necessary letter from Immigration, certifying your address, you will require photocopies of the relevant pages of your passport (i.e particulars page, visa page, most recent entry stamp and departure card), two photos, your home drivers' license and 200 Baht. They are also likely to want to see a photocopy of the house registration booklet for your home.

When obtaining a Doctor's certificate, explain that it is for a drivers' license. Dependent upon where you go, the usual fee will be in the region of 100 Baht.

Separate licenses are required for cars and motorcycles. The fee for motorcycles is 55 Baht.

### Renewal

Upon the expiry of your drivers' license, you will again need to attend the licensing office, together with the following documents:

- \* Passport
- \* Signed photocopies of the following from your passport: particulars page, visa page, most recent entry stamp and departure card
- \* Old Thai drivers' license

The fees are the same as for the initial application. If you wish to get a five year license you must specify that is what you require.





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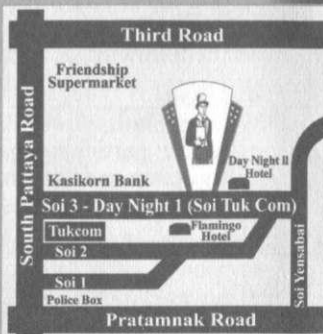
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E-mail: [kmt@ptty.loxinfo.co.th](mailto:kmt@ptty.loxinfo.co.th)

Website: [www.plcpattaya.com](http://www.plcpattaya.com)

Pattaya School of Languages and Computers is licensed by the Ministry Of Education. We teach any language or computer course, plus Thai for foreigners. Learn how to read speak and write with experienced teachers. Improve your future earnings and career prospects by taking foreign language and computer courses.

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behind Tukcom off South Pattaya Road.

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[www.tefsteachthai.com](http://www.tefsteachthai.com)

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Tel: 0-3836-4314

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Tel: 038-415-847

Website: [www.soichaiyapoon.com](http://www.soichaiyapoon.com)

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Open: 9AM till 10PM



### **Edelweiss Fondue House & Restaurant**

At the new location on Tappaya Road Soi 13 (this is the main road from South Pattaya to Jomtien)

For Taxi: ด.ท.พ.พระยา ซอย 13 ถนนหลักจากพัทยาใต้ไปจอมเทียน

Mobile: 081-844-6037 or 086-141-9561

Email: [roberttr@yahoo.com](mailto:roberttr@yahoo.com)

Homepage: <http://www.edelweissth.com>

This small, nice and friendly restaurant is the kind of place where everyone can feel welcome.

The restaurant has typical Swiss, International and Thai Food.

All kind of Fondues, Cheese Fondue, Fondue Bourguignonne, Fondue Chinoise and Raclette.

With all main dishes we offer Soup and Salad Bar free of charge.

Very popular with locals and tourists.

Open: 15:00 hrs. to 24:00 hrs. Closed on Mondays.



## Mata Hari Restaurant

Coming from Central Pattaya, proceed along Third Road in the direction of Jomtien then at the overpass, keep left (do not go on the overpass), and turn left at the junction with Thappraya Road, is located 1.4 Kilometers on the left in Nirvana Place.

Tel: 038-259-799 or 081-762-2359

Website: [www.mataharirestaurant.com](http://www.mataharirestaurant.com)

As Editor of this magazine, I have heard more compliments on the food quality, value for money and service than any other restaurant in Pattaya. Originally located on Second Road, the much larger restaurant has a new look that is colonial, reflecting the background of the well known and respected owner. Specialties: Prawn with chili/tomato salsa, Terrine de foie gras, Rock Lobster tails in vermouth cream sauce and snow peas, Marinated Lamb Cutlets in bell pepper dressing. A must for anyone wanting a great Pattaya dining experience.

**For Taxi:** ร้านอาหาร มาตาฮารี อยู่ในเนอรัวানা เฟลส ไปทางจอมเทียน, ซอย 15 ก่อนถึงสี่แยก

## Mr. 99 Steak and Seafood Restaurant

Located on Beach Road on the corner of Soi 7

Tel: 038-361-907, 086-318-4883

Seaside dining could never be more fun. A complete European Menu written in Russian, German, English and Thai and you'll wonder how they can even manage to operate with the prices being as low as they are. Catch your own shrimp if you want and they'll cook them for you. The biggest charcoal grilled Cowboy Steaks and King Lobster in town, guaranteed! Fabulous easy to read photo menu of over 160 food items. Not hungry, no problem. Sit and watch our Philippino Band at Pattaya's one and only Vodka Bar. Truly a great dining experience!

## Seven Guidelines For A Healthy Diet



- Eat a variety of foods
- Maintain ideal weight
- Avoid too much of fat and cholesterol
- Avoid too much of sugar
- Eat foods with enough starch and fibre
- Avoid too much of sodium
- Drink alcohol in moderation



## On The Lighter Side

### If You Yelled for 8 Years

If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee. (Hardly seems worth it.)

If you farted consistently for 6 years and 9 months, enough gas is produced to create the energy of an atomic bomb. (Now that's more like it!)

The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet. (O.M.G.!!)

A pig's orgasm lasts 30 minutes. (In my next life, I want to be a pig.!!)

A cockroach will live nine days without its head before it starves to death.. (Creepy.) (I'm still not over the pig.)

Banging your head against a wall uses 150 calories an hour (Don't try this at home, maybe at work)

The male praying mantis cannot copulate while its head is attached to its body. The female initiates sex by ripping the male's head off. (Honey, I'm home. What the.....?!!)

The flea can jump 350 times its body length. It's like a human jumping the length of a football field. (30 minutes... Lucky pig! Can you imagine?)

The catfish has over 27,000 taste buds. (What could be so tasty on the bottom of a pond?)

Some lions mate over 50 times a day. (I still want to be a pig in my next life...quality over quantity)

Butterflies taste with their feet. (Something I always wanted to know.)

Right-handed people live, on average, nine years longer than left-handed people. (If you're ambidextrous, do you split the difference?)

Elephants are the only animals that cannot jump. (Okay, so that would be a good thing)

A cat's urine glows under a black light. (I wonder who was paid to figure that out?)

An ostrich's eye is bigger than its brain. (I know some people like that.)

Starfish have no brains (I know some people like that too.)

Polar bears are left-handed. (If they switch, they'll live a lot longer)

Humans and dolphins are the only species that have sex for pleasure. (What about that pig??)

Now that you've smiled at least once, it's your turn to spread these crazy facts and send this to someone you want to bring a smile to, maybe even a chuckle.



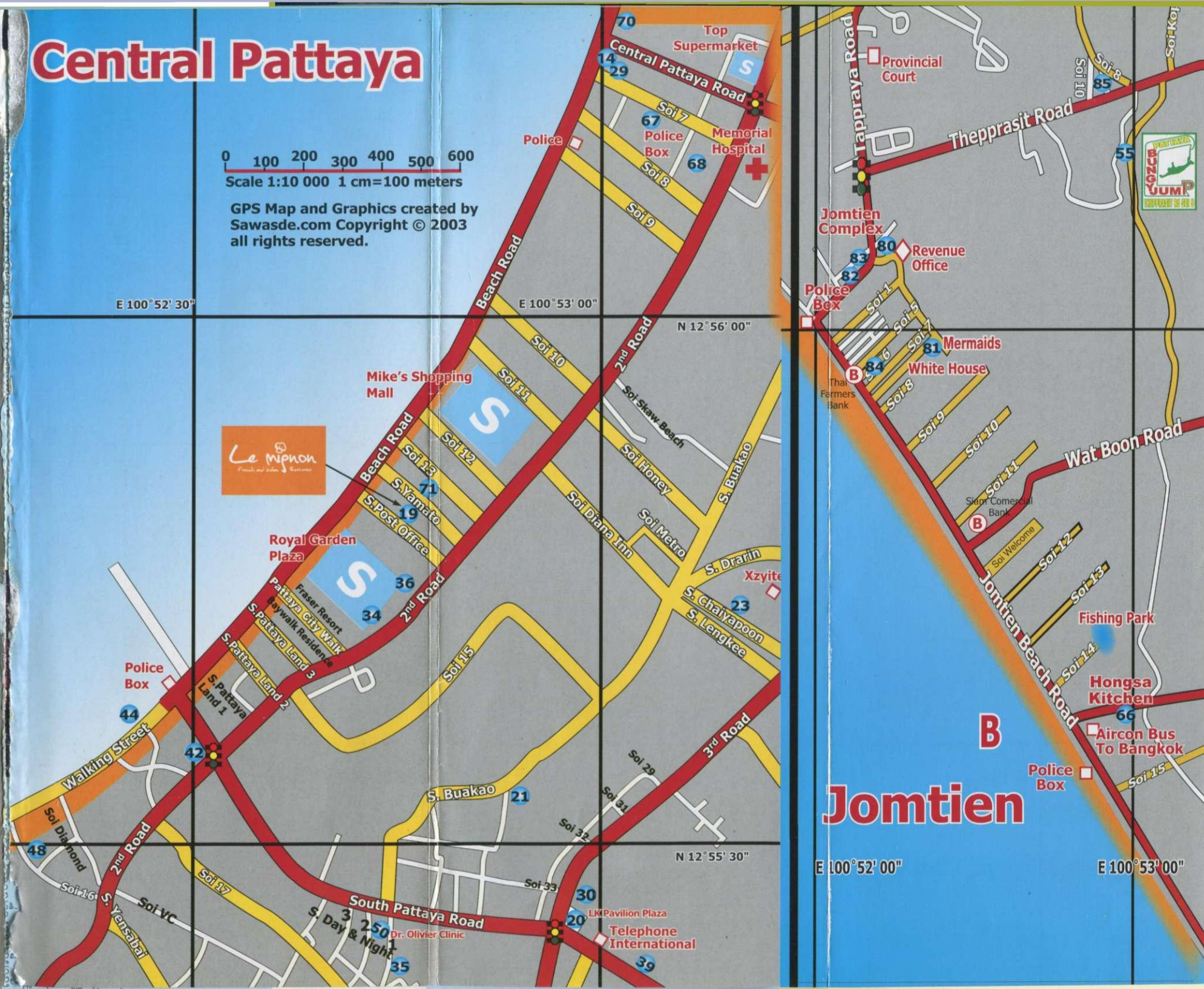
## Directory Of Businesses & Locations

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4	Sitholek Gym	D 3	51	Edelweiss Fondue House & Restaurant	B 5
7	Hippo Restaurant	C 3	52	Captain's Corner	B 4
10	Mike's Mexican Restaurant	B 4	53	Rim Talay	C 2
13	Da Tiziano	C 3	54	Aesthica	C 3
14	Tequila Reef Restaurant	C 3	55	Bungy Jump	B 5
15	Bonkai Resort	B 4	64	PLC Language School	C 3
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19	Le Mignon	B 4	67	Rosie O'Gradys	C 3
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40	Easykart.net	B 4	E Pattaya Provincial Court	B 5	
41	First Class	B 4	E Revenue Office	B 5	
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43	Hard Rock Cafe	C 3	E Bangkok Pattaya Hospital	D 2	
44	Lobster Pot	B 4	E Bus Station to Bangkok	D 3	
45	Aesthica Medical Spa	C 3	E City Hall	C 3	
46	Happy Home Thai Cooking School	C 3	E Foodland	C 4	
47	Pattaya Royal Beaty Clinic	C 3	E Highway Police Station	C 5	
48	The Blues Factory	B 4	E Immigration	C 3	
49	The Mini Golf Pub	B 4	E Lotus	C 2	
			E Pattaya International Hospital	D 2	

# Central Pattaya

0 100 200 300 400 500 600  
Scale 1:10 000 1 cm=100 meters

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Having progressed into my teens, I was all set to take the traditional next step and put a home made, permanent mark on the back of my hand using a needle and a small jar of Indian ink. Fortunately for me, however, my best friend and partner in crime went first, which gave me the opportunity to reconsider once I had seen that the finished article, which simply spelt the name of his girlfriend, didn't look anywhere near as good as we had intended. My own girlfriend was not very happy that I didn't think enough of her to follow suit, but it was a small price to pay for avoiding the kind of ugly scrawl my friend was stuck with.



After reaching the age of majority and over the following few years, I went so far as to visit the shops of several tattoo artists back in the UK, but I could never quite decide upon a design. After all, it was for life. And, as my Mum and Dad had always pointed out whenever the subject of tattoos had arisen, our tastes tend to change over the years.

They invariably used the example of my uncle, who had found God and given up being a magician to become a Vicar, a Priest in the Church of England. Time and again, they told us how he regretted the various large and colourful designs on each of his arms. I don't think they ever realized that when I had asked him about it, he hadn't actually seemed to regret having had them done quite as much as my parents suggested.

I'm not quite sure what it was about being in Thailand that finally pushed me over the edge and convinced me to



go ahead to get a tattoo. But I am certain that it was no coincidence that it was here in the Land of Smiles that I finally climbed into the artist's chair. It could have been the sunshine and the laid back, carefree atmosphere that tends to infect you while you are in this most relaxed of environments. Maybe it was the prevalence of tattoos on both locals and tourists here, providing the positive reinforcement I needed to overcome the memories of negativity from my parents. However, I rather fancy it was because I was allowed to drink beer while the artist worked.

A bit of Dutch courage goes a long way in such circumstances. That said, it wasn't a drunken decision, which would have been a terrible idea. I had definitively resolved to go ahead and finally settled upon a design while I was still sober. I simply drank to deal with the last minute doubts that I suspected would otherwise surface.

Tattoos have actually long played an important role in Thai society. Historically, as with the New Zealand Maoris and other South Sea Islanders, tattoos have had a strong tribal significance here

and throughout much of South East Asia. For example, in the 19<sup>th</sup> century, so called "tattoo trousers" were used to signify membership of certain Thai tribes. No doubt as painful as they sound, the intricate, yet extensive markings covered large swathes of male tribe members' legs. However, the history of tattoos goes back a great deal further than a couple of hundred years. Tools that have been estimated to date back approximately forty thousand years, and which are believed to have been used for early tattooing, have been found on archeological digs. Historians believe that these early tattoos were essentially deliberately created scars. Subsequently, soot was introduced into the wounds to create colour. That said, it goes without saying that dating the history and defining the nature of early tattoos usually



involves little more than educated guesswork and sometimes the interpretation of archaic writings. The simple reason is that the best evidence, the human skin upon which they were etched, was rarely preserved for any great length of time after death. However, there have been exceptions to this "rule", such as a few years ago when the body of a man who had been dead nearly 5,500 years was found frozen and thus well preserved in the Swiss Alps. Sure enough, his flesh was found to contain a basic form of tattooed markings.

It is generally considered that tattooing in this part of the World has a similarly long history.

References can be found in ancient Khmer texts suggesting that tattooing was common in their society as early as the 1st century AD, while some time later King Rama I is known to have utilized a form of tattooing to identify freemen. However, the permanent marking of the body was not only used to identify allies and friends. Tattoos have long been associated with Hinduism and in particular Brahminism, as well as Buddhism and Tai Animism.



Over the years, these various religious beliefs have become intertwined or, perhaps more accurately, rather confused in providing a spiritual basis and mystical importance for certain tattoos. For this reason, this form of tattooing has traditionally been carried out by monks, a practice that continues today, most notably at Wat Bang Phra close to Bangkok where a famous tattooing festival takes place each year.

The monks tattoo designs that are believed by those wearing them to have magical qualities. The ink used is said to contain a mix of snake venom, herbs and cigarette ash and is believed to help in the spiritual process, although quite what the fag ash is supposed to contribute I am not entirely certain. The tattoos themselves range from Khmer text, Buddhist prayers and Chedis to mythical creatures, such as Hanuman the Hindu Monkey God and Ganesh,



his elephant equivalent, and to somewhat more mundane animal images such as tigers, birds and snakes.

Each tattoo is said to have particular spiritual qualities. Some protect the wearer from harm, indeed they are said to stop bullets, while others are believed to make the recipient a feared warrior.

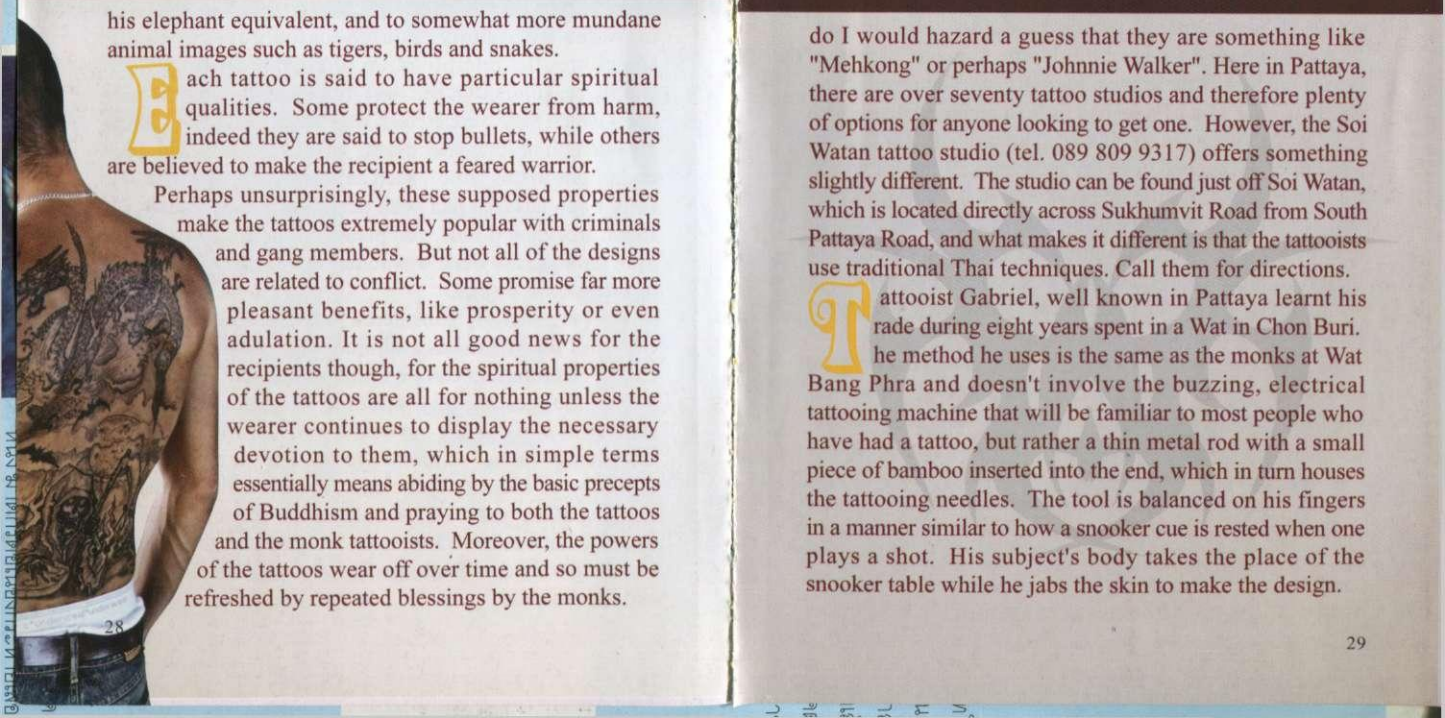
Perhaps unsurprisingly, these supposed properties make the tattoos extremely popular with criminals and gang members. But not all of the designs are related to conflict. Some promise far more pleasant benefits, like prosperity or even adulation. It is not all good news for the recipients though, for the spiritual properties of the tattoos are all for nothing unless the wearer continues to display the necessary devotion to them, which in simple terms essentially means abiding by the basic precepts of Buddhism and praying to both the tattoos and the monk tattooists. Moreover, the powers of the tattoos wear off over time and so must be refreshed by repeated blessings by the monks.

I can only guess that this is where it all tends to fall down a bit; hence the lack of verifiable reports of bullets having being stopped by well placed body art. The manufacturers of Kevlar body armour should therefore feel free to relax a little. Those who are given the tattoos also have to suffer a brief onset of apparent post tattooing madness, which causes them to rush around the temple's grounds like crazy men, seemingly in a trance like state and under the control of "tattoo spirits", until they are hauled down by waiting custodians. This part of the ritual, which has strong connections to ancient animist beliefs, is particularly popular with the crowds that attend the event each year. I am not sure if the "tattoo spirits" possessing these individuals have names, but if they

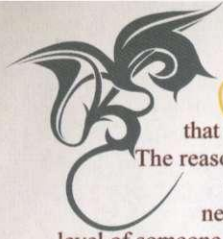


do I would hazard a guess that they are something like "Mehkong" or perhaps "Johnnie Walker". Here in Pattaya, there are over seventy tattoo studios and therefore plenty of options for anyone looking to get one. However, the Soi Watan tattoo studio (tel. 089 809 9317) offers something slightly different. The studio can be found just off Soi Watan, which is located directly across Sukhumvit Road from South Pattaya Road, and what makes it different is that the tattooists use traditional Thai techniques. Call them for directions.

Tattooist Gabriel, well known in Pattaya learnt his trade during eight years spent in a Wat in Chon Buri. The method he uses is the same as the monks at Wat Bang Phra and doesn't involve the buzzing, electrical tattooing machine that will be familiar to most people who have had a tattoo, but rather a thin metal rod with a small piece of bamboo inserted into the end, which in turn houses the tattooing needles. The tool is balanced on his fingers in a manner similar to how a snooker cue is rested when one plays a shot. His subject's body takes the place of the snooker table while he jabs the skin to make the design.







**A**n advocate of this traditional method of tattooing will tell you that it ensures more intricacy in the design.

The reason for this is that the tool can house less than the minimum number of needles needed for a machine. Moreover, the skill level of someone like Gabriel is really quite amazing.

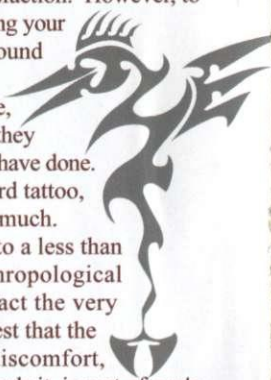
He doesn't need any of the water transfers that so many tattooists like to follow. Everything is free hand and the level of detail is fantastic. Another advantage is that it is probably easier for you, as the customer, to ensure that new needles, and thus clean ones, are used. In the case of the Soi Watan studio, they believe that their approach to tattooing is far less commercial than most studios in Pattaya.

They do it for the love of tattooing and of art, a fact that is borne out by their relaxed approach to pricing. Most important to them is a customer's satisfaction. However, to give a rough guide, for a design covering your shoulder, you would be looking at around 3-4,000 Baht. Several theories have been advanced as to why we, as a race, seem fascinated by tattoos. After all, they are painful and therefore unpleasant to have done.

Indeed, the origins of the very word tattoo, the Tahitian word "tatau", implies as much. So why should we willingly submit to a less than pleasurable experience. Some anthropological experts believe that the pain is in fact the very essence of the attraction. They suggest that the willingness to put up with severe discomfort, and actually display indifference towards it, is part of one's spiritual development, providing evidence of growth.

Personally, and for what it is worth, I am not altogether sure about that. I think I can honestly say that proving my ability to take a bit of pain had little, if anything, to do with my desire to get a tattoo. It was a downside rather than an attraction. If that had been my motivation, I think I would first have worked a little on my ability to have an injection without passing out. Speaking for myself, I think a well drawn tattoo of a good design looks great and I wanted to improve my appearance. It was as simple as that. Whatever your reason, the number and variety of studios here make Pattaya a great place to get a tattoo.

However, before committing, make sure you have a good look at the individual's work in their photo albums or on their other customers and don't rush to choose a design. Make sure it is something that is likely to stand the test of time. Maybe even sit around and watch the artist do a couple to ensure that what you have seen is an accurate indicator of their ability. And, if you want my advice, be slow to get the name of your significant other included in any design. If their status changes in the future, to have the tattoo removed or altered is a real pain. You only need ask my old school friend.



## Sports/Outdoor Activities

### DIVE SOUTH EAST ASIA

Located on Pattaya Beach at the corner of Beach & Central Roads  
Tel. 038-362-300 Mobile 086-820-8873

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Located on Soi Wattan off Sukhumvit Soi 73. Between Central and South Pattaya Road close to Highway Police.

Tel: 089-809-9317

Tattooist Gabriel, well known in Pattaya, learnt his trade during eight years spent in a Wat in Chonburi. The method he uses is the same as the monks at Wat Bang Phra and doesn't involve the buzzing electrical tattooing machine that will be familiar to most people who have had a tattoo but rather a thin metal rod with a small piece of bamboo inserted into the end, which in turn houses the tattooing needles. Both traditional bamboo and machine are available, the difference being that although the machine method may be a bit faster, there is sometimes reddening and a slight healing process involved. With the bamboo, intricate designs can be done and seldom is there the same reddening associated with the machine method. Give them a call and they'll invite you over to their studio for a beer. You'll leave with the nicest Tattoo you could ever get and a piece of Thailand you'll remember forever.

# TATTOO

## Free Hand Liberty Of Art

### Bamboo Traditional o Machine

### Tattoo Studio - Soi Wattan

Located on Soi Wattan off Sukhumvit Soi 73.

Tel: 089-809-9317

## OTHER SPORT & OUTDOOR ACTIVITIES

### Aerobics

A free open-air aerobics class is held alongside the beach next to the junction of Beach Road and Soi Yodsak (Soi 6) daily at 6PM.

### Badminton

**Ambassador City Sports Center**, Sukhumvit Road

tel. +66-38231501 /4.

**Pattaya Badminton Club**, Soi 17 (near Third Road, South Pattaya) tel. +66-38425397 / +66-38429532

**Euro Badminton Club** [www.euro.ob.tc/index.html](http://www.euro.ob.tc/index.html), Soi Chaiyapruk2, Jomtien (near Pattaya stadium)

tel. +66-38074434 / +66-817231627 Billiards / pool / snooker

### Pool

**Hot Tuna Pool Club**, Walking Street (opposite Tony's Entertainment Complex).

**Match Room**, P.S. Plaza (junction of Central Pattaya Road and Second Road)

**Megabreak Pool Lounge** [www.megabreakpool.com](http://www.megabreakpool.com) on Soi 13 (Soi Diana Inn), between Second Road and Soi Buakhao

**Tim Bar Beer**, on Second Road (opposite Soi 12), [www.timbarbeerpattaya.com](http://www.timbarbeerpattaya.com).

There are three full-size tables at the very back of the cluster of outdoor beer bars on Soi Made In Thailand (next to the Made In Thailand Night Plazar, on Second Road)

### Bowling

**Bowling Plus** (previously "Pattaya Bowl") is on Second Road, at the junction with Soi Regent Marina (North Pattaya); tel. +66-38429908 / +66-38429466

**O.D. Bowl** is on Pratamnak Road (South Pattaya) - open daily 08:00-01:00.

**P.S. Bowling** [www.psbowling.com/pattayabowl.html](http://www.psbowling.com/pattayabowl.html), P.S. Plaza (junction of Central Pattaya Road and Second Road, above TOPS supermarket); tel. +66-38420965 /6

### Bridge

**Pattaya Bridge Club**, tel 0836066880, [www.pattayabridge.com](http://www.pattayabridge.com), meets at the Bowling Green, Soi Fuenga, Central Pattaya, on Mondays, Wednesdays and Fridays at 1p.m.

### Bungee jumping

**Pattaya Bungy Jump**, Theprasit Road; Soi 9 tel. 038-301-209



## Cycling

**LA Bicycle**, 2, Thepprasit Road; tel. +66-38300606 / 953 - open 09:00-20:00 (mid-range selection)

**Chaw Numchai** [www.ch-numchai.com](http://www.ch-numchai.com), Sukhumvit Road (opposite Siam Commercial Bank) tel. +66-38222018

**S.V. Bike Shop**, Thepprasit Road; tel. +66-38300378

## Fishing

**Deep Sea Fishing** excursions by Nature Service Tour (tel. +66-38427660)

**North Pattaya Fishing Park** ([pictures.geocities.com/zoomfishing/Soi3FishingPark.html](http://pictures.geocities.com/zoomfishing/Soi3FishingPark.html)) also known as "Soi 3 Fishing Park"

## Flying, paragliding & skydiving

**Chonburi Flying Club** [www.chonburiflyingclub.com](http://www.chonburiflyingclub.com) (CMT [www.cmtflying.thailand.com](http://www.cmtflying.thailand.com))

**Eastern Flying Club** [www.flythailand.com/id31.htm](http://www.flythailand.com/id31.htm) airstrip is 5 km east of Pattaya, off Sukhumvit Road Soi 87.

**Pattaya Airpark** [www.pattayaairpark.com](http://www.pattayaairpark.com) airstrip is 20 km south of Pattaya, adjacent to the Phoenix Golf Club.

**Thai Flying Club** [www.thaiflyingclub.com](http://www.thaiflyingclub.com) is based at Bang Phra Airport, just north of Si Racha, about 30 minutes drive from Pattaya.

## Golfing

**The Golf Club**, 33/133 Soi L.K. Metro (near Soi Diana and Soi Buakhao, about 100 yards from the Areca Lodge), tel. (66) 085 434 3377, (fax: (66) 038 720 602, e-mail: [pattaya4golf@gmail.com](mailto:pattaya4golf@gmail.com)), [www.golfclubpattaya.com](http://www.golfclubpattaya.com).

**The Mini Golf Pub**, Thappraya Road, Buddha Hill

## Driving ranges:

**Diana Driving Range** [www.dianapattaya.co.th/](http://www.dianapattaya.co.th/) 209/112 Moo 6, North Pattaya Road tel. +66-38415212 / 23.

**Green Way Driving Range**, Sukhumvit Road - tel. +66-38232083.

**Pattaya Driving Range**, Third Road - tel. +66-38370462 / 3.

**Pride Driving Range**, Sukhumvit Road (previously "Dono" directly opposite Pattaya Central Road) tel. +66-38488349.

**Tommy Driving Range**, Thepprasit Road - tel. +66-38251564.

## Fitness centers

**Castra Praetoria Gym & Fitness**, 61/17 M.10, Soi Khao Talo, East Pattaya, near Siam Royal View. [info@thecastra.com](mailto:info@thecastra.com), [www.thecastra.com](http://www.thecastra.com)

**Central Pattaya Gym**, Pratamnak Road (next to Central Pattaya Hotel) tel. +66-38364573 / 80.

**Tony's Gym** - Located on Third Road and South Pattaya Roads

## Horseback riding

**Horseshoe Point**, 100 Moo 9, Tambon Pong; tel. +66-38735050 [www.horseshoeoint.com](http://www.horseshoeoint.com).

**Horse back riding**, Highway #36 (near Bira International Circuit - about 18 km from Pattaya) [www.horsepattaya.com/index.htm](http://www.horsepattaya.com/index.htm) [willinnetzer@yahoo.com](mailto:willinnetzer@yahoo.com) tel. +66-13020814

**Pattaya Riding Club**, Thepprasit Road; tel. +66-38255888

## Hot air ballooning

**Funk's Ballonfahrten** [www.pattayaballoon.com](http://www.pattayaballoon.com) Jet-skiing

## Motorsports

**Bira International Circuit** (tel. +66-22803547 / +66-25221731 / 8) is about 15 km from Pattaya on the Pattaya-Rayong Road (Highway #36)

**A.N. ATVs & Motocross**, Thepprasit Road (near Pattaya Kart Speedway); tel. +66-46778452 / +66-52227882.

**K.R. Go-Kart**, 62/125 Moo 12, Thepprasit Road; tel. +66-38300347 / 9  
**Pattaya Kart Speedway**, 248/2 Moo 12, Thepprasit Road; tel. +66-38422044 [www.karting-thailand.com](http://www.karting-thailand.com).

**Siam Karting Circuit**, 387 Moo 6, Sukhumvit Road (near Mini Siam) tel. +66-38727410

## Muay Thai (Thai boxing)

**Pattaya Kombat Village** (Muay Thai Training School), Khaotalo Soi 8, Sukhumvit Road (opposite Thepprasit Road); tel. +66-95433450 [www.kombatgroup.com](http://www.kombatgroup.com)

**Sitpholek Boxing Centre**, 217/10 Sukhumvit Road (North Pattaya); tel. +66-99345001 (English) / +66-95055840 (Thai) / [sitpholek\\_frank@hotmail.com](mailto:sitpholek_frank@hotmail.com)

**Tony's Gym & Muay Thai Academy**, Third Road is open 2:30PM-10:30PM.

## Other Activities

**Paintball Park**, 248/10 Moo 12, Thepprasit Road; tel. +66-38300608 open 8AM-6PM.

**Pattaya Panthers Rugby club** - c/o Jameson's The Irish Pub [www.jamesons-pattaya.com](http://www.jamesons-pattaya.com), 80/146 Moo 9 Soi Sukrudee (Soi A.R.) tel. +66-38415304 / 8

**Pattaya Marathon** (every year in June or July)  
websites: [www.pattaya-marathon.com](http://www.pattaya-marathon.com) & [www.thailandmarathon.org/pattayamarathon.html](http://www.thailandmarathon.org/pattayamarathon.html).



## Sailing

**Blue Wave Watersports Asia** (based at Ocean Marina Yacht Club)  
tel. +66-816229372 [www.bluewavewatersports.com](http://www.bluewavewatersports.com) Day sailing  
trips and boat charters.

**Gulf Charters Thailand** tel. +66-38237752 fax. +66-38237751  
[www.gulfchartersthailand.com](http://www.gulfchartersthailand.com) manages a fleet of ten 32 foot to  
70 foot catamaran and keelboat sailing yachts based at Ocean  
Marina (near Pattaya) and at Ko Chang.

**Ocean Marina Yacht Club**, Sukhumvit Road (Sattahip);  
tel. +66-237310/23 fax. +66-38237325 [www.oceanmarinayachtclub.com](http://www.oceanmarinayachtclub.com)

**Royal Varuna Yacht Club**, Pratamnak Road;  
tel. +66-38250116 / +66-38306290 fax. +66-38250115  
[www.royal-varuna-yacht-club.com](http://www.royal-varuna-yacht-club.com)

**YachtPro Sailing School** tel. +66-816229372

## Quiz Nights

**Sportsman Inn**, soi 13, has a very popular quiz night every  
Thursday at 9PM.

**The Bowling Green**, soi X-Zyte, just off soi Buakhao, has a quiz  
night every Tuesday at 9PM.

## Scuba diving

**Adventure Divers and Watersports** (Adventure Scuba)  
[www.pattayadivers.com](http://www.pattayadivers.com) tel. +66-38710899 (Soi Yamato (Soi 13/1)) /  
+66-38364453 (Tappraya Road)

**Aquanauts** [www.aquanautsdiver.com](http://www.aquanautsdiver.com) tel. +66-38361724 (Soi Yodsak  
(Soi 6)) / tel. +66-38710727 (Soi Pattayaland 1 (Soi 13/3))

**Dive South East Asia** [www.dive-sea.com](http://www.dive-sea.com) tel. +66-38362300  
(Nova Lodge Hotel, Central Road)

**Mask and Finns** [www.maskandfinns.com](http://www.maskandfinns.com) tel. +66-890710941  
(Soi 4, Jomtien Beach Road)

**Mermaids Scuba Diving Centre** [www.mermaiddiver.com](http://www.mermaiddiver.com)  
tel. +66-38232219 / 220 (Jomtien Beach Road)

**Neptune Dive Centre** [www.diveneptune.com](http://www.diveneptune.com) tel. +66-038-371141  
(North Pattaya Road)

**Paradise Scuba Divers** [www.tauchenthailand.de](http://www.tauchenthailand.de)  
tel+fax. +66-38710567 (Soi 10) / tel+fax. +66-38303333 (Jomtien)

**PJ Scuba** [www.pjscuba.com](http://www.pjscuba.com) tel. +66-18644490 (Jomtien Beach Road)

**Scuba Tek Dive Center** [rickr@loxinfo.co.th](mailto:rickr@loxinfo.co.th) tel. +66-38361616  
(Second Road)

**Seaduction Dive Center** [andycrosby@hotmail.com](mailto:andycrosby@hotmail.com) tel. +66-60765668  
(Bali Hai Pier)

**Seafari Dive Center** [www.seafari.co.th](http://www.seafari.co.th) tel. +66-38429060 (Soi 5)

## Shooting

**Pattaya Shooting Club and Fishing Park**, Soi Wat Huay-Yai,  
Sukhumvit Road (10 minutes from town centre) tel. +66-38255488.

**Tiffany's Shooting Range**, Second Road (Tiffany's Show building  
ground floor) tel. +66-38421700 / 5 fax. +66-38421711

## Swimming

**Honey Inn**, Mike Shopping Mall  
**Thai Garden Resort**,

## Tennis

**Pattaya Tennis Association**, [www.tennispattaya.com](http://www.tennispattaya.com).

## Tour and Travel Accommodation

**PNS Tour** Tel: 081-450 2593

## Waterskiing & Wakeboarding

**Air-Time Watersports Camp**, Dok Krai Lakeside Resort, Dok  
Krai Reservoir (Rayong); tel. +66-18616736 [www.air-time.net](http://www.air-time.net)

**Club Taco Water Cable Ski** (kilometre 14, Bang Na Road)

**Lakeland Water Cable Ski** (Highway #3 - tel. +66-38232690 / 2)  
about 5 km from Pattaya

## Windsurfing & Kiteboarding

**Club Loong Chat Watersport Club** [www.clubloongchat.com](http://www.clubloongchat.com)  
(on the beach by the Pinnacle Hotel)

**Pattaya Air Park** (พัทยาแอร์พาร์ค) is located at Ban Amphoe,  
Bang Lamung District, information, Tel. 08 6374 1718.

**Chon Buri Flying Club** (ชลบุรี ฟลายอิง คลับ) is in Bang Phra  
District. information, Tel. 0 3829 8202, 08 1377 8447.

**CMT Flying Club** Tel. 0 3827 3250-7 for more information.

## Horse Club

**Jo Jo Horse Club** [www.jojo@chonburi.ksc.co.th](http://www.jojo@chonburi.ksc.co.th) Marina  
Inn, Na Kluea Soi 12 Road.. Tel. 0 3822 5149.

**Horseshoe Point Club** - Soi Siam Country Road For more  
information, Tel. 0 3825 3500

## Go Cart

**Pattaya Cart Speedway** is at 248/2 Mu 2, Theprasit Road  
For more information, Tel. 038 -422-044.

**Bira International Circuit** Highway No. 36, 15km from the  
centre of Pattaya.. For more information, Tel. 0 2280 3547,  
0 2522 1731-8, 0 2971 6450.

**KR Go-cart Grand Prix** is on Thep Prasit Road, prior to  
Jomtien Beach, For more information, Tel. 0 3830 0347-9.

**Fairtex Sport Club and Hotel** - North Pattaya Road. Contact-  
Tel. 0 3848 8196, 0 3848 8657 or [www.fairtexpattaya.com](http://www.fairtexpattaya.com).



## Massage

### Dream Teen Massage

Soi 21 between Soi Bua Khao and 3<sup>rd</sup> Road

Tel: 038-411-105

Visit our Web site [www.dream-teen-pattaya.com](http://www.dream-teen-pattaya.com)

Opened January 1<sup>st</sup>, Dream Teen offers a new concept in sensual and exotic massage.

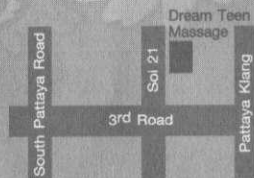
All girls are young, attractive and specially trained to give you personalized massage which is relaxing and sensually stimulating.

You get to choose the girl of your dreams from an album in the comfort of our reception area or from the Internet. If you so desire, one of our hostesses can visit you in the privacy of your hotel room.

All services are provided in private air-conditioned rooms equipped with showers.

### Dream Teen Massage

- Sensual exotic massage by young attractive girls - Incall or Outcall
- Private air-conditioned rooms with showers
- Attractive & comfortable lounge area



See internet for photo gallery and more info at [www.dream-teen-pattaya.com](http://www.dream-teen-pattaya.com) or call 038-411-105

Located on Soi 21 between Soi Bua Khao and 3<sup>rd</sup> Road

## Music Venues

### Hard Rock Cafe

Located on off of Second Road or off of Beach Road

After Central Road going North and before Central going South from North Pattaya.

Tel: 038-426-635

The best live music & entertainment from "Prime Pitch" the Pilipino house's band. Everynight Mon - Thu 9.00 p.m. onwards and Fri - Sat 9.30 p.m. onwards.

Come and enjoy the authentic American food & bring your friends for a great time. The best burger & best ribs in Pattaya

## Cooking School

### Happy Home Thai Cooking School

81/65 Pattaya Klang, Soi 14 (Thidawan), Nongplue, Banglamung (Just North of Central Pattaya Rd. and Soi Buakhao)

Tel: 084-417-5258

Webpage: [www.HappyHome-ThaiCookingSchool.com](http://www.HappyHome-ThaiCookingSchool.com)

Email: [info@HappyHome-ThaiCookingSchool.com](mailto:info@HappyHome-ThaiCookingSchool.com)

The Happy Home Thai Cooking School offers private and group Thai cooking lessons in a convenient and quiet residential area in Central Pattaya. All classes are taught in English and involve hands-on preparation and cooking.

Each of the five basic classes begins with a trip to the market and includes the teaching of four separate dishes. AM (9am - Noon) or PM (1pm - 4pm) classes are offered Wed through Sun. The price for one basic class is 1000 Baht (discounts for multiple classes).

Regional intermediate classes (Lanna and Issan) are available on Mon and Tue in the AM or PM for 1500 Baht/class (5 dishes).

The prices include all ingredients, instruction, food you cook, and recipe booklet. For detailed information see our website or call directly. Come learn the joy and beauty of Thai cooking with us.

Open 7 days/week with AM or PM classes!

## Accommodation

### Chaiyapoon Inn Hotel & Restaurant

383/78 Soi Chaiyapoon, Third Rd. No. 25, Central Pattaya, (50m left after X-Zite Discotheque)

Tel: 038-415-847

[www.soichaiyapoon.com](http://www.soichaiyapoon.com)

The newly built Chaiyapoon Inn is a beautiful addition to Pattaya City. Our attractive guest rooms are a tasteful blend of Thai Teakwood Art & modern living. All our rooms have quiet DAIKIN air conditioners, 29" cable TV, DVD, Safe, free Wi-Fi Broadband Internet, granite bathrooms. Our 4 Star Rooms start at only 450 Baht in the low season from May to October. We are open 24 hours and our friendly staff will ensure a pleasant and memorable stay.

Our Eagle Café & Restaurant is serving delicious International & Thai food. Our European-trained chefs provide a large range of delicious dishes: Spaghetti Seafood in White Wine Sauce 149 Baht, Beef Stroganoff 229 Baht, Bangers & Mash 179 Baht, Goulash with Noodles 149 Baht and Schnitzel with Mushroom Sauce 139 Baht, only to list some examples. Our aged to perfection steaks start at only 239 Baht and are among the best in town. Only chilled - never frozen!



## Clinics

### AESTHICA - Weight Loss, Rejuvenation & Laser Center

Located on Pattaya 2<sup>nd</sup> Rd, opposite Bangkok Bank, Next to Soi 6/1

Tel: 038-362-400, 081-926-2547, 089-831-4009

Open daily 10 am. to 8 pm.

Website: [www.aesthica.com](http://www.aesthica.com)

In Pattaya, there are a lot of Beauty Centers where Facial & Body Treatment services are offered but not supervised by a licensed Cosmetic Doctor. Aesthica is unique, supervised by Dr. Jirawat, he provides three basic services; Weight Loss, Rejuvenation & Laser Center.

Aesthica has 11 treatment rooms equipped with the latest technology on Facial and Body therapy.

For losing Belly fat and sculpting your body, Laser-Fat Reduction is the most advanced Non - Surgical treatment in the country.

Aesthica also offers Botox Injection, Filler and Mesotherapy to eliminate your wrinkles and enhance your Facial appearance. Just give them a call or visit the doctor and his friendly nurses will give you a free consultation and suggest the best treatment for you.

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English • Deutsch • Français • Thai



Medical Doctor from Geneva, Switzerland, Dr. Olivier Meyer welcomes you for:

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- Travel / tropical medicine
- Check-up / laboratory
- Anti-Aging Medicine

**Hotel & home visits can also be scheduled**

Open: Mon. to Fri.: 9 am to 4 pm

Sat.: 9 am to 1 pm

Tel.: 038-723-600

038-723-590

After hours: 086-827-6922

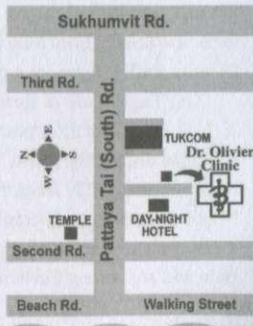
Fax: 038-723-590

[info@dr-olivier-clinic.com](mailto:info@dr-olivier-clinic.com)

[www.dr-olivier-clinic.com](http://www.dr-olivier-clinic.com)

20/29 Moo 10, Soi Hotel Day-Night, Pattaya 20150

For taxi: แพทย์โอลิวิเออร์คลินิก ซอยโรงแรมเดย์ไนท์ ถนนพทยาใต้



## Popular Music Venues

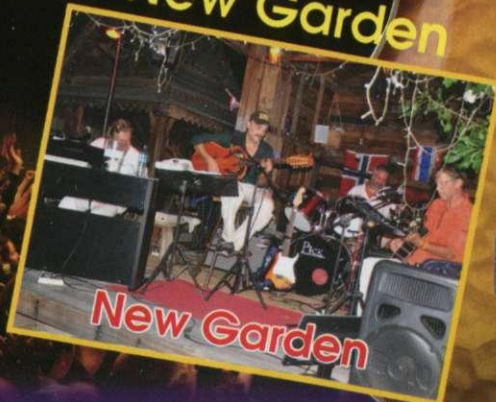
### Hard Rock Cafe



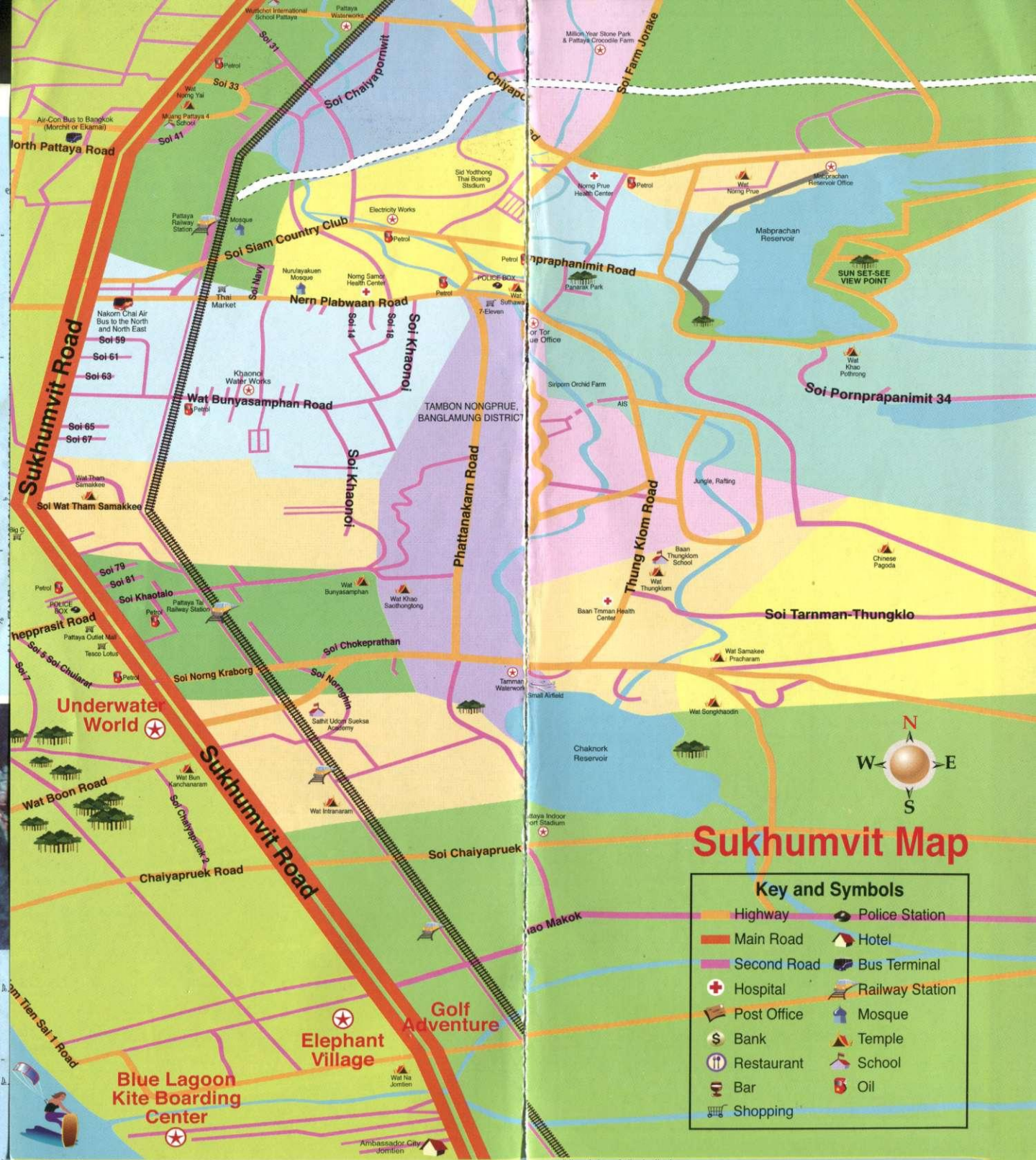
### The Blues Factory



### New Garden









SOUTH PATTAYA ROAD

WALKING STREET

Lobster Pot

2

BEACH ROAD

SOI DIAMOND

SOI HAPPY

SOI B.J.

SOI LUCKY STAR

1

The Blues Factory

Marine Hotel

Marine 2

SOI 16

3

Fantasy Sports Grill

BALI HAI PIER

SECOND ROAD

## Pattaya Royal Beauty Clinic



now everyone can experience a younger look

- BREAST AUGMENTATION
- FACE LIFT / NOSE REDUCTION
- LIPOSUCTION

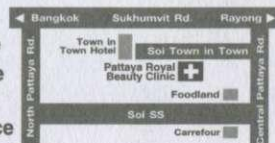
► All surgery done by Dr. Vajarakorn Tongasuk. Member of the Board of General Surgeons and Board of Plastic & Recon. Surgery.

► Free consulting at the office

► Operations done in a private hospital

► Full English speaking service

**Plastic Surgery in Pattaya**  
Over 20 Years Experience



Soi Town in Town past Foodland in Central Pattaya

Tel: 038-410062 Mobile: 081-3449919 Email: dr.tongsuk@prbclinic.com  
www.prbclinic.com

### Pattaya Royal Beauty Clinic

Located in the first Soi past Foodland off of Central Pattaya Road in Soi Town in Town

Tel: 038-410-062 or 081-344-9919

E-mail: dr.tongsuk@pattayaroyalbeautyclinic.com

Whether you are a man or a woman, anyone over 40 years of age can use a little bit of cosmetic help. Thailand has always been a leading player in the field of cosmetic surgery. Dr. Tongasuk besides being a Member on the Board of General Surgery as well as the Board of Plastic & Reconstructive Surgery has been helping people in Pattaya for over 20 years. Formerly known as The Pakorn Clinic Dr. Tongasuk is well re-known for his ability to convert minor and major cosmetic challenges into cosmetic successes. He is an ex-consultant at PIC and Bangkok Pattaya Hospital. Whether you are looking to erase some of the basic signs of aging through a basic face lift or wanting to lose excessive weight that will never come off by utilizing the newest methods of Liposuction or maybe you're looking for breast augmentation we can help. Nose reduction is also available. Just give us a call or stop on by and we will give you a no cost no obligation to buy consultation any time. Pick up and delivery service is provided free of charge for all services done at best private hospital. We invite you to come for free consultation in our office at Soi Town in Town and all surgeries are done at a private hospital.







# Plastic Surgery

One Day Hair Transplant Procedures

■ Safe ■ Permanent ■ Affordable

- Rhinoplasty, Chin Augment
- Double eyelid surgery, Blepharoplasty, Cheek Dimple
- Breast Enlargement, Breast Reduction, Breast Uplift, Nipple Refinement
- Tummy tuck, Liposuction, Sex Reassignment Surgery: SRS, M to F
- Face lift, Wrinkle correction by injectable implant surgery
- Scar revision, Otoplasty, Adam's apple reassignment surgery
- Lip surgery, Jaw correction surgery
- Hair Transplant etc.

Call for appointment 081-9331010 (English & Thai),  
089-9990123 (Japanese), Office: 02-6908000 Fax: 02-2775907  
422-426/1 Indramara Soi 20, Suthisarn Road, Dindang District  
Bangkok 10400 Thailand

[www.bangkokplasticsurgery.com](http://www.bangkokplasticsurgery.com)  
E-mail: [pichet@bangkokplasticsurgery.com](mailto:pichet@bangkokplasticsurgery.com)

For Taxi: แพทย์ศัลยกรรมตกแต่ง 422-426/1 ป้ายรถยนต์: 20 ถนนสุริยารัตน์ ตำบล ดินแดง กทม. 10400

## Car Rental



**RENT-A-CAR CO., LTD.**

3/114 Moo 6, Pattaya 3rd Rd., Naklua, Banglamung, Chonburi  
20150

Tel/Fax: 038-371-482, 038-371-484

(7 days a week 09.00-17.30)

Mobile: 081-994-8420, 086-097-9590 Hotline 24 Hrs.

Email: [dvcarrentalpattaya@hotmail.com](mailto:dvcarrentalpattaya@hotmail.com)

Website: [www.pattayacarrent-dv.com](http://www.pattayacarrent-dv.com)

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- First class car rental insurance
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[rossetti@pty2.loxinfo.co.th](mailto:rossetti@pty2.loxinfo.co.th)

### Amazing Condo in Jomtien for sale

42 square meters, 9th floor, panoramic sea view, huge balcony & deck on 2 sides, large swimming pool, convenience store, fully furnished, a/c, European kitchen, electric stove, sink, bed, storage, closet, sofa, fridge, microwave, TV/DVD, 24H Security, parking lot. Foreign name. 500,000 baht spent on lovely renovation. Live in style! 1.59 Million Baht or best offer. Call: 085-347-9257 E-mail: [eternalterritory@yahoo.com](mailto:eternalterritory@yahoo.com) for pictures.

**Bengal Cats Available now** - Beautiful Spotted Leopard 2 Mo. Babies. Four left. 26,000 Baht. Firm. Call (081) 801-3724

**Investor (s) / Big Thinkers Wanted** - for land and construction of an entertainment venue unlike anything presently available in Thailand. This is NOT go-go related and supports the community in a major way. Business plan and model available for serious candidates. Conservative 23 - month return on investment. Let's talk. Call or e-mail. 081-801-3724. [rossetti@pty2.loxinfo.co.th](mailto:rossetti@pty2.loxinfo.co.th)

**Counseling Center Pattaya** opened Help with all forms of addiction, depression, relationship issues, sex problems, eating disorders, anxiety, compulsive disorders etc. - visit our website at <http://www.counseling-office.com> for more information and tips related to counseling, psychotherapy, hypnotherapy and relationship counseling. German and English spoken. By Appointment Only: 085-437-0470

**A large double unit** (which can be split) on busy Pattaya New Plaza. Currently operating as a successful clothes shop. Abundant foot traffic ensuring excellent passing trade. Key money paid until August 2010 with monthly rental of 6,000 Baht. Please call Nim 081-001-8271 (T/E) or Jon 089-244-7704 (E) for full details.

**Volunteer Work Permit** available. If you don't mind volunteering 6hrs. a week, you can live in Thailand free of charge and hassle. call 0853881577 email: [jdlsimons@yahoo.com](mailto:jdlsimons@yahoo.com)

**European photographer** looking for people to photo! All shapes and sizes! Please reply with photo. [bkkphoto@hotmail.com](mailto:bkkphoto@hotmail.com)

**Condo for Sale** Top five nice sea view in Pattaya!! 116sq.m. 2bedrooms 3bathrooms 2balconies 3aircons on hi-fl. fully furnished, excellent design, perfect condition with LCD 42" nice atmosphere & peaceful area at Jomtien beach 1 min. walk to the beach very quick sale only 39,000/sqm. call owner 081-9332240 ask pictures [pittipity@hotmail.com](mailto:pittipity@hotmail.com)

### South-Pattaya Studio-Apartment for rent w/Internet

Near Soi VC (Soi 17), Quiet area. 53 SqM, Fully furnished: Kitchen, Hot water, A/C + 3 Fans, Cable, DVD. 10,000 baht/month for 6+ months. [www.pattaya-studio.com](http://www.pattaya-studio.com)





## Classified

**Sovereign coin operated pool table.** Comes with pool table light fitting, a set of illuminating balls, and triangle. Cues and rests are available with the table. I have 6 of these tables for sale. They are all almost new, and have no damage. Can deliver locally.

Discounts may apply if more than 1 table are purchased at the same time. Price is flexible. Open to sensible offers.

75,000 THB

Contact Person: Lee  
Location: Pattaya, South Pattaya  
Phone Number: 901231497

**Clavel Traveller -N", acoustic travel guitar, steel strings.** Small body with normal neck. NOT a toy, but a quality instrument for exercising while on tour. Size roughly like an Ukulele w long neck. Gig bag, strap, new strings. Only played 1 hr- nearly new. Was 3500 B+ in Nong Khai, a couple of years ago (have receipt). Has been sitting in storage. Made in China, like most instruments nowadays. Bargain!

2,800.00 THB

Contact Person: Mr Pekka  
Location: Pattaya, Pratumnak  
Phone Number: +66870560631

**Brand New Sony double din 7" Inch DVD/TV/Bluetooth/Radio/Gps Function/USB/SD Card.** Plays all the normal VCD/DVD formats etc, usual standard connections for external amp Audio video etc. Boxed with Remote Control and user Manual. Costs new at tutcom Pattaya 13500bht sell for 7500bht

7,500.00 THB

Contact Person: Kan  
Location: Pattaya, East Pattaya  
Phone Number: 038406492....0897539751

**New, never used running track,** was bought for 17000 TB TREO FITNESS, 12 pre-set programmes, heart rate reading, large LCD display! 0897672985, 0827098685, English CAN NEGOTIATE!!!!...

11,900.00 THB

Contact Person: Tasha  
Location: Pattaya, Baan Lamung  
Phone Number: 897672985

**English Pool table size 8 by 4 Ft** for sale in near new condition. This is 6 leg wooden table with a Granite top, with pool pockets (larger and straight) and not snooker pockets (small and round). Relocating so need to sell quickly. Table is in immaculate condition. Comes with new/unused green felt. Will deliver free to any location to serious buyer. Asking 35,000 Baht. Price include fuel/set-up etc. Age of table; 5 months old. Accessories supplied with the table such as a set of pool balls, 1 triangle, 3 pool cues, chalks, a table brush and a table cover. Interested please send reply or call 0815657535.

35,000.00 THB

Contact Person: Joseph  
Location: Bangkok  
Phone Number: 815657535

**Watch BBC Iplayer, ITV player, Sky TV From Thailand for FREE with TV Anywhere**

13 Jun 2011 01:17 AM

It's now possible to watch live and catch up TV from your home country; from the comfort of your own residence anywhere in the world. This service provides expats from around the world, who have an interest to stay connected with there own country's TV stations. You can also try for FREE from are download link

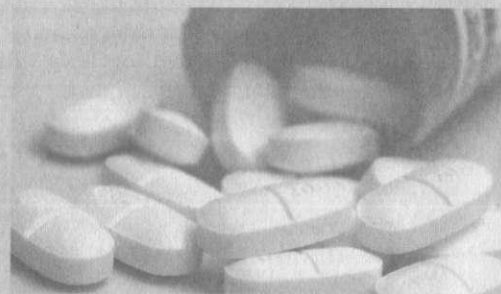
Using our foreigen based servers, you will be able to access UK, US, European and any other country that streams TV, that is normally blocked from the country you are residing. If you are an expat or tourist and frustrated at being blocked from your favourite TV stations and some websites from home, then you have come to right place.

A computer and internet connection is required

Download now from: <http://www.puket-uncovered.com/en/tv-anywhere/download>

Contact Person: Max  
Location: Pattaya  
Phone Number: 858805170

## Here's To Your Health Pattaya Pete



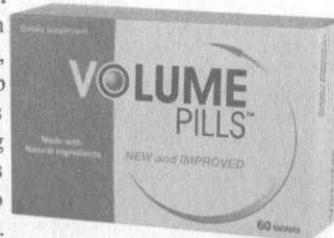
For some guys out there, they want their **volume pills** to do far more than improve their overall sexual performance. As volume pills often hold the key when it comes to improving to increasing a man's chances of conceiving and their overall fertility levels.

Read on to find out more on how to **increase your fertility**, your **low sperm count** and how **volume pills** could be the answer you've always been looking for.

### Volume Pills and Fertility

For a lot of guys, the reason why they use **volume pills** is straight forward and simple, they want to be better in the bedroom. But, for some, the reasons for using them is far more important... **fertility**.

For some couples, when it comes time to conceiving, they can use all the help they can get. And, if it's the guy who's having problems, **volume pills** could be just the thing to solve those fertility issues.



The great thing about **volume pills** is that don't just help a guy out in one area, they have a number of sexual benefits and pros too. Not only can **volume pills** guarantee a better sexual performance in the sack, but they will greatly improve the number of sperm and semen you produce, which is essential if you're trying for a baby.

### Testosterone is the Key

Using **volume pills** will naturally **increase testosterone** hormone level. And the more testosterone, the more semen your body is able to produce. But, the benefits don't just end there. As well an overall increase in your bodies semen producing abilities, your ejaculations will also be far more powerful as a result.





We all know that trying for a baby can be frustrating, and even a little tiring. But, with **volume pills**, you'll be ready to go again, and again and again.

Your sexual appetite will increase, and your body will be able to replenish it's semen supply at a much quicker rate, after each and every ejaculation.

### *There's Still More You Can Do*

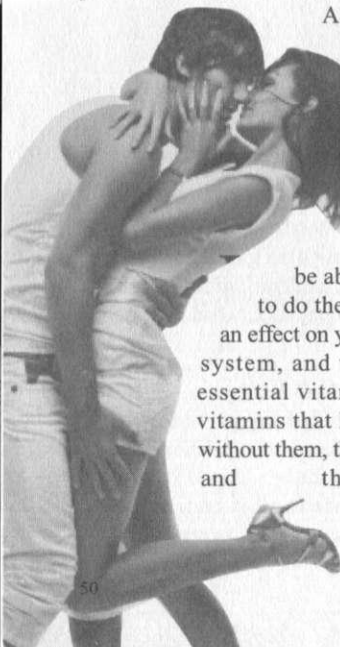
Taking **volume pills** will significantly improve your chances of conceiving, as well as improving your overall sexual performance and enjoyment, but there are other steps you can take to help increase your chances further. Making just a few simple changes to your lifestyle, along with using **volume pills** could be all it takes to finally get her pregnant.



### *Cutting Out Alcohol*

Believe it or not, but simply drinking alcohol can reduce your **fertility** by half. Just a few drinks now and again (5 units per week) will cut your chances by half, it's insane, but it's true. This rule goes for men and women, so if you cut out the booze, make sure that your partner does too.

Alcohol effects the body in a number of bad ways, and infertility is just one of them. Regular drinking session will significantly reduce your **sperm count**. As well as that, your sperm are far more likely to be abnormal, and they won't be able to do their job. Drinking will also have an effect on your overall health, your immune system, and the bodies ability to absorb essential vitamins and nutrients. It's these vitamins that keep your sperm healthy, and without them, their numbers will again decrease and their effectiveness will again diminish.



### *Smoking? You're Joking!*

Just like the alcohol, smoking is a well known cause of **infertility**, and the reason why so many men and women can't get pregnant. Basically, the more you smoke, the more you're reducing your chances of conceiving. With each additional cigarette, the more damage you're doing to yourself and your sperm.

Smoking has a very similar effect to alcohol, and will **instantly** start to decrease your sperm numbers, as well as increasing your numbers of abnormal and lazy sperm. The same goes for the ladies too, so if you're partner is a smoker, it's time for her to quit as well.

But, it's not just the cigarettes you have to say good bye to, drugs are a big no no too. Any form of narcotic, especially grass/weed increase your chances of **infertility**. Cutting them out completely is essential, as well as a smart move, for you, your partner, and any future children.

### *Choosing the Right Diet*

The less healthy you are, the less healthy your sperm are. If you're heavily overweight, you eat a bad diet, get little exercise and drink too much coffee, you'll find that you're a lot less **fertile** than the next guy. All of these factors have a huge effect of your health, and will again severely decrease your chances of conceiving.

It's essential that you eat a healthy balanced diet, whilst exercising regularly and keeping your weight under control. These simple, yet extremely effective changes to your lifestyle could make all the difference. Make sure you drink plenty of water each day, as well as topping up on your essential daily vitamin intake, whilst always making better dietary food choices.

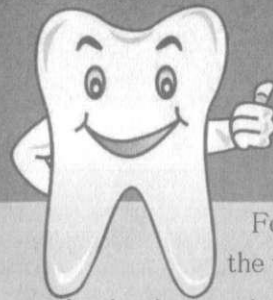
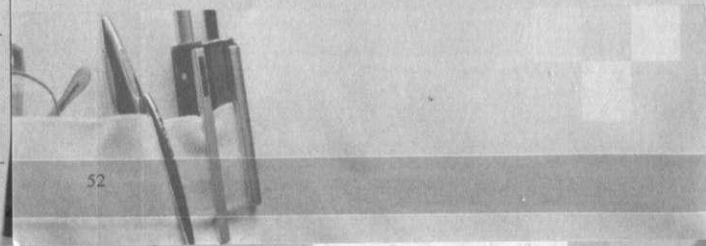
Making these quick and simple changes to your lifestyle, as well as employing the use of **volume pills** could be all it takes to get your sperm levels back up, whilst significantly increasing you, and your partners chance of conceiving.







**P**attaya - Quickly becoming a destination of choice for Medical and Dental services.



## Best Value and Service Establishments

For many people throughout the world, Thailand has become a destination not just known for it's wonderful people, great cuisine and incredible beaches.

Medical and dental services, besides being relatively inexpensive when compared to almost everywhere else, certainly in Europe and America, are hygienic, safe and professional. Many Medical and Dental professionals have studied overseas before settling in Thailand to operate their own practices and course study curriculums utilize the English language in their training

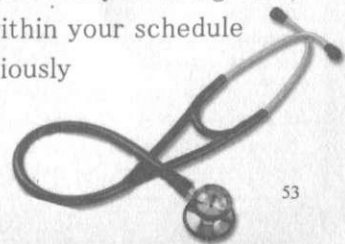


platforms.

We present in these pages several Doctors and Dentists who understand the importance of good communication between their patients and customers and are willing to to present their services with confidence.

Most if not all, allow for free consultation so as to feel comfortable with the facility and staff before making your informed decision.

Whether you are on holiday or living here, services can be fit within your schedule and are done expeditiously and with Patient satisfaction inmind.





# Fiber

Rachael Gill

"Good" carbohydrates have taken center stage as one of the basis of a healthy diet. However, what is it that makes them good? For one thing, "good" carbohydrates consist of whole grains, legumes, fruits and vegetables, all of which are high in fiber.



## THE FUNDAMENTALS

There are two general types of fiber; soluble and insoluble, each with its own health benefits. Soluble fiber forms a gel-like substance that delays absorption of glucose (sugar) in the intestines and assists in the prevention of cholesterol absorption. Soluble types consist of pectin's, mucilage's, beta-glucan, and oligosaccharides. Insoluble fiber on the other hand, includes parts of cell walls, such as cellulose that increases stool bulk and speeds transit of food through the gut. The best sources of soluble fiber are oats, barley, legumes, psyllium, seeds and fruits such as apples, blueberries and citrus. Additionally, the best sources of insoluble fiber are cereals, especially those containing wheat bran, nuts, and certain fruits and vegetables such as cauliflower and green beans.

Though our bodies do not have the enzymes to digest fiber, a number of them are broken down by the bacteria in our intestines. Thus, another way of categorizing fiber, which some experts now prefer, is through how fermentable it is.

## BENEFITS

Taken as a whole, findings from numerous studies have been promising, but knowing fiber's protective effect from other factors is complicated. First of all, fiber is not consumed in isolation. High-fiber foods tend to be rich in other potentially protective elements such as antioxidants, cholesterol-lowering sterols, and other phyto-chemicals. Several studies show the health benefits of whole grains, fruits, vegetables and legumes, but how much this can be attributed to their fiber is unknown. Secondly, those who consume a high-fiber diet tend to have other good health habits, such as exercising regularly and not smoking, which may lower their risk of colon cancer along with other illnesses. Moreover, high-fiber foods may be beneficial merely because they tend to be low in fat plus calories and often replace meats as well as other fatty or sugary foods.

## RECOMMENDED MEASURE

Dietary experts propose 14 grams of fiber for every 1,000 calories. For instance, if you are consuming 1,500 calories a day your quota of fiber should ideally be 21 grams whereas for someone who is consuming 2,500 calories per day they should incorporate 35 grams of fiber in their diet. Research suggests that individuals with diabetes should aim for a greater quantity of fiber; 15 to 25 grams per 1,000 calories.

Have a variety of foods to ensure that you get a mix of fiber compounds. Choose whole grains over refined, whole fruits over juices and also do compare food labels to check for which products contain higher amounts of fiber.

## OBTAIN MORE FIBER

- ☞ Aim for nine servings of fruits and vegetables (including beans) a day, along with three servings of whole grains.
- ☞ Choose a high-fiber cereal (at least 5 grams of fiber per serving), such as bran flakes. Or mix a high-fiber cold cereal with a favorite low-fiber cereal. Eat oatmeal and other whole-grain hot cereals.
- ☞ Buy "100% whole grain" breads, breakfast cereals, crackers, and pastas. Opt for brown rice.
- ☞ Use whole-wheat instead of other whole-grain flour for bread and cakes.
- ☞ Add wheat germ, wheat bran, oat bran, nuts, ground flax seeds or other seeds to yoghurts, cereals and baked goods.
- ☞ Top cereals and yoghurts with berries and other fruits.
- ☞ Have whole fruit instead of juice.
- ☞ Consume the skins of potatoes plus other vegetables and fruits.
- ☞ Snack on dried fruit such as apricots and dried plums (prunes), which are a concentrated source of fiber.

*Add fiber progressively to your diet to permit your digestive system to adjust and drink more fluids as fiber absorbs water; otherwise the fiber could actually make you constipated. Moreover, the fiber in foods tends to keep good company with several vitamins, minerals, and healthful phyto-chemicals, which add supplementary health benefits.*



# The Pattaya White Pages



The area code for Pattaya 038

## Useful Numbers

TAT Central Office:	
Region 3 (Pattaya)	0-3842-8750, 0-3842-9113
Bus Terminal (Aircon Bus)	0-3842-9877
Police Station (Pattaya)	0-3842-0802-5
Police Station (Banglamung)	0-3822-1800-1
Tourist Police	0-3842-9371, 1155
Fire Brigade Station	0-3822-1000 (199)
Banglamung Hospital	0-3841-1511-2
Bangkok Pattaya Hospital	0-3825-9999
Pattaya Memorial Hospital	0-3842-9422-4
Pattaya International Hospital	0-3842-8374-5
Immigration Office	0-3825-2750-1
Pattaya City Hall	0-3825-3100
Post Office (Banglamung)	0-3842-8225
Post Office (Pattaya)	0-3842-9341
Post Office (Jomtien)	0-3823-1944
The Telecommunication Centre	0-3842-5319-20
The Telephone Organization	0-3842-4045-6
The Marine Police Station	0-3842-3666
Highway Police Station	0-3842-5440

## Accommodation

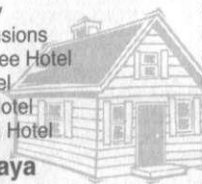
### Naklua / North Pattaya

Amari Orchid Resort	0-3842-8175, 0-3842-8161
Beach View Hotel	0-3842-2660-3
Best Western Bella Villa Cabana	0-3870-3205-6
Best Western Pattaya	0-3842-7061-9
Bella Villa Metro	0-3842-7061-9
Bella Villa Prima	0-3841-5750-9
Bella Villa Serviced Apartment	0-3841-5410-3
Chica Boom (Guesthouse)	0-3848-9386
Central Wong Amat Beach Resort	0-3842-6990-9
Cholchan Pattaya Resort	0-3870-2777
Dusit Resort	0-3842-5611-7
Garden Lodge	0-3842-9109
Green Park Resort	0-3842-6356-70-3837-0488-0
Le Pétrus (Guesthouse)	0-3871-0636
Palm Garden	0-3842-9188, 0-3842-9386
Pattaya Tower Condominium	0-3836-1160-3, 0-3842-8107-8
Prime Villa	0-3842-9398
Regent Marina Hotel	0-3842-8015, 0-3842-9298
Sea Lodge	0-3842-5128-9
Sea View Resort	0-3842-9189, 0-3842-9317
Sunshine Garden Resort	0-3842-1301, 0-3842-1300
Thai Garden Resort	0-3842-4356, 0-3842-6009
Woodlands Resort	0-3842-1707

### Central Pattaya

Areca Lodge	0-3841-0123, 0-3841-0775
Chaityapoon Inn Hotel	0-3841-5847
Diana Dragon Apartment	0-3842-3928, 0-3842-3934
Diana Millennium House	0-3841-1707-9
Golden Beach Hotel	0-3842-8891, 0-3842-9969

Grand Sole Hotel	0-3842-7551-5
Green Hotel	0-3842-3555
Loma Hotel	0-3842-0589-90
Little Duck Hotel	0-3842-8065, 0-3842-8104-5
Max Hotel	0-3842-4692, 0-3871-0905
Mercure Hotel	0-3842-5050
Montien Pattaya	0-3842-8155, 0-3842-8255
Nova Lodge	0-3842-0016-7
Palm Lodge	0-3842-8779-80
Pattaya Centre Hotel	0-3842-5877-8, 0-3842-0492-3
Queen Pattaya Hotel	0-3842-8234, 0-3842-9915
Royal Century	0-3842-7800-9
Shagwell Mansions	0-3837-4562-3
Siam Sawasdee Hotel	0-3872-0329, 0-3872-0330
Sunshine Hotel	0-3842-9247, 0-3842-9910
Thai Palace Hotel	0-3842-3062-3
Town In Town Hotel	0-3842-6353-4



### South Pattaya

Areeya Place	0-3825-2670-1, 08-9782-5627
Bonkai Resort	0-3825-2736
Central Pattaya Hotel	0-3836-4543-67
Diamond Beach Hotel	0-3842-8071
Diana Inn	0-3842-9675
Hill Beach Hotel	0-3825-0010, 0-3830-6084
Honey Inn	0-3842-8117, 0-3842-1543-4
Honey Lodge	0-3842-9133, 0-3842-9718
Lek Hotel	0-3842-5550-2
Mike Hotel	0-3842-2222-9
Pattaya Marriott Resort & Spa	0-3841-2120-23
Penthouse	0-3842-9639, 0-3871-0937
Royal Cliff Beach Resort	0-3825-0421
Siam Bayshore	0-3842-8677-79
Siam Bayview	0-3842-8728-9
Sugar Hut	0-3825-1686-8, 0-3836-4186-8
The Residence Garden	0-3836-4314

### Jomtien

Ambassador City Jomtien	0-3825-5601
Golden Beach Resort	0-3823-1590-7
Jomtien Boathouse	0-3875-6143
Jomtien Palm Beach Resort	0-3823-1350-67
Mermaid's Beach Resort	0-3823-1907
Royal Cliff Beach Resort	0-3825-0421-40
Pattaya Park Beach Hotel	0-3825-1201-8
Sigma Resort Club Pattaya	0-3823-1226-34
Jomtien Bay View	0-3825-1889-90
Mermaid's Beach Resort	0-3823-2210-16
Marine Beach Resort	0-3823-1129-31
Pattaya Park Beach Resort	0-3836-4110-20
Welcome Jomtien Beach Hotel	0-3823-2701-15
White House	0-3823-2106-7

## Airlines

Bangkok Airways	0-3841-1965
Kuwait Airways	0-3841-0493
Thai Airways Int'l (TG)	0-3842-0995-7

## Banks

Bangkok Bank	0-3822-2370-4
Bank of Ayudhya	0-3842-6907-8
(Thanon Pattaya, Tai Branch)	0-3842-5524-5



Kasikorn Bank	0-3842-7695-7
Krungthai Bank	0-3842-8545, 0-3842-8436
Siam Commercial Bank	0-3823-2002-3
United Overseas Bank (UOB)	0-3842-8418

## Beauty Treatments

Aesthica Weight Loss & Botox Center	0-3836-2400-1
Pattaya Royal Beauty Clinic	0-3841-0062

## Boat Hire

Mermaids Dive School	0-3823-2219, 08-77035-9334
Mermaids Beach Resort	08-1494-0186

## Car Rental

DV Rent-A-Car	08-1994-8420, 08-6097-9590
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## Cooking School

Happy Home Thai Cooking School	08-4417-5258
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## Credit Card Lost or Stolen

American Express	0-2273-0040
Diners Club	0-2233-5644-5
Master Card	0-2252-2212
Visa Card	0-2252-2212

## Dive Shops

Dive South East Asia	0-3836-2300
Mermaids Dive School	0-3830-3333, 08-6143-5547
Neptune Dive Center	0-3872-0603, 08-6153-2636

## Game

Baan Game	0-3842-0533
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## Golf

Bangphra Intl. Golf Club	0-3834-1149-50
Burapha Golf Club	0-3834-5151-2, 0-3834-5611-5
Diana Driving Range	0-3837-0363, 0-3837-0402
Eastern Star Golf Course	0-3863-0410-7
Fairplay Mini Golf	0-3825-0318
Golf Adventure	08-9882-1584, 08-3422-6602
Khao Kheow Country Club	0-3833-8368-9, 0-1353-2511
Laem Chabang Intl. Country Club	0-3833-8351-4, 0-3837-2273
Natural Park Hill Golf Club	0-3839-3001-8
Noble Place Golf Resort	
and Country Club	08-1484-9069
Pattaya Country Club	08-1658-3068, 08-1212-0825
Phoenix Golf & Country Club	0-3823-9391-6, 0-3823-9400
Phutaluang Royal Thai Navy Golf Course	0-3870-1843, 0-3870-1891

## Health & Fitness

Pungpon Acunctorist Clinic	08-9660-0809
Sitpholek Muaythai Sports Center	08-6561-0838

## Language & Computer Schools

LC International Languages and Computer School	0-3836-1948-9
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Pattaya Education & Computer School (P.E.C)	0-3841-1762
Pattaya School of Language & Computer (P.L.C)	0-3842-1819, 0-3836-0114
PROGRESS Language & Computer School	0-3837-0263, 0-3842-3639
Text-And-Talk Academy	0-3872-3101, 08-6610-5406

## Limousine Service

Thai Limousine Service	0-3842-3140-1
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## Massage

Happy Hand Massage	08-2255-0014
Siam Massage & Siam Facial Massage	03-8710-975

## Medical Clinics

Dr. Olivier (See South Pattaya Map)	0-3872-3600, 08-6827-6922
Eye Clinic (Dr. Jirawat)	08-9831-4009
Alcoholics Anonymous	08-4563-1671 08-4564-8479

## Motorcycle Rental 24 Hours

T&A	08-6824-4910, 08-9607-3686
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## Motorcycle Sales & Repair

Iron Horse Motorcycles	0-3837-3169
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## Outdoor Activities

Blue Lagoon Kiteboarding	08-5134-9588
LivePlay	0-3825-5381
Outdoor Stables Pattaya	08-1302-0814

## Pen Pals

Gary Graeme Jones  
D-2, Bang Kwang Prison  
117 Nonthaburi Road  
Nonthaburi 11000  
For more information:  
GaryGraemeJones@googlegroups.com  
<http://groups.google.co.uk/group/GaryGraemeJones>

## Photography

DAK	08-6068-6964
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## Restaurants

Art Cafe	0-3836-7652
Crazy Dave's Bar & Diner	0-3841-5903
Da Tiziano	0-3842-6868
Eagle Café & Restaurant	0-3841-5847
Edelweiss Fondue House & Restaurant	081-844-6037
El Paso	08-4945-5151
Gossip Cafe	0-3872-4133
Hippo Restaurant & Piano Bar	0-3836-1192
Hongsa Kitchen	0-3823-2125
Hot Stone Grill	0-3825-0400
H2O Pub	08-1336-3546
L' Olivier	0-3825-1669
Le Pétrus	0-3871-0636
Le Saigon Bayview	0-3825-0329
Linda's Restaurant	0-3825-2726



Lobster Pot	0-3842-6083, 0-3842-4389
Mata Hari	0-3825-9799
Mike's Mexican Restaurant	0-3836-4593
Molly Malone's Irish Pub	0-3871-1094
Mr. 99	0-3836-1907, 08-6318-4883
Nana Bar & Honey Inn Massage	08-6556-0816
Oriental Star / Oriental Moon	0-3848-9157-8
Oxybar	08-4866-7722
Palmers Bar & Restaurant	0-3842-2688
Pattaya Fishing Park	0-3870-9062
Penthouse Restaurant B-Buffer	0-3842-9639, 0-3871-0937
Rosie O'Grady's	0-3836-1686
Royal Cliff Beach Resort	0-3842-1421-30
Ruen Thai Restaurant	0-3842-5911, 0-3842-5273
Sai 3 Fishing Park 1	0-3841-3795, 08-1949-8778
Shell Tangkay Seafood	0-3822-5989-90
Tequila Reef Cantina & Restaurant	0-3841-4035 The Captain's
Corner	0-3836-4314
The Coffee Club	0-3871-1325
The Lighthouse	0-3836-2018
The Mini-Golf Pub	0-3825-0318
The Raj	0-3842-1890
The Rice Mill	0-3841-2120 Ext. 1361
The Taj	0-3837-4744
Volterra	08-9827-9563

## University

Asian University  
Tel: 038-253-700  
Website: [www.asianust.ac.th](http://www.asianust.ac.th)  
E-Mail: [admissions@asianust.ac.th](mailto:admissions@asianust.ac.th)

## Visa & Legal Services

Asia Guarantee Service Co., Ltd. 0-3871-0915  
PAPPA Co., Ltd. All legal services including Visas and Work Permits  
Main Office: Theprasit Road  
Tel: 038-301-048-50 Fax: 038-301-045  
Mobile: 084-111-7999  
E-Mails: [PAPPA@CSLoxinfo.com](mailto:PAPPA@CSLoxinfo.com), [DrewNoyes@GMail.com](mailto:DrewNoyes@GMail.com)

## GET INVOLVED!!

We would appreciate your comments, your stories, your ideas, your feelings and impressions of those things relative to Pattaya. Maybe you'll be published in an upcoming issue.

Please e-mail [rossetti@ptty2.loxinfo.co.th](mailto:rossetti@ptty2.loxinfo.co.th)

# Pattaya's

## Popular Dining Choices



### Mr. 99 Seafood, Steak & Salad Bar & Restaurant

Located on Beach Road on the Corner of Soi 7, this one of a kind restaurant is noted by locals as well as people visiting here as one of the best Steak and Seafood Restaurants in Pattaya. In the back of the restaurant, a comfortable shrimp pond can be found, should you decide that fresh isn't fresh unless you catch it yourself. You catch it, they'll cook it. The menu can be read in English, German, Russian or Thai. Check out their famous Vodka Bar and listen to some live music done by their house Philippino Band. A great dining choice. Tel: 038-361-907, 086-318-4883



### The Coffee Club

Located opposite Sizzler on the ground floor of The Royal Garden Plaza, 2nd Rd Pattaya. Casual ALL DAY Dining combining Western café style food, Thai Food and excellent coffee. Great breakfast, sandwiches, pastas, steak, chicken and fish. A wide selection of meals to satisfy all tastes at great value prices. Open daily 8am-11pm. No service charge, VAT included in price. Licensed, Credit Cards Welcomed. Tel: 038-711-325



### Rim Talay Beachfront Restaurant



Is located on Soi 18 North of the Dolpin Roundabout and straight down to the beach. Probably the only restaurant of it's kind with this kind of ambience. Over 200 menu items in 5 languages and three separate bar areas make this a favorite pick for those "in the know". Open 10 AM until late. Check out their Beach Bakery and grab a spot on the beach or in their well shaded bar areas.



For Taxi: ถนนพหลโยธิน-นาเกลือ ซ.18 ตรงไปทางชายหาด  
ทางซ้ายมือ ติดกับ เซ็นทรัล แกรนด์ มิวจ รัสอรุท



# Jomtien & Thapraya Road

## Popular Dining Choices

### The Captain's Corner Steak House

Do not leave Pattaya before you have enjoyed this very popular restaurant. Grand Texan Style Bar-B-Cue "Eat All You Can" Steaks and Seafood and much more. Every evening from 18:00 for only 395 Baht + vat children under 12 half price + vat in the garden with soft live music, or at the beautiful pool terrace.

Captain's Corner is located next to The Residence Garden and Mr. Mac's Hotel. Call 038-364-314 for FREE air-conditioned pick up service within Pattaya-Jomtien. Live Elvis show every Saturday & Sunday evening at 21:00. <http://www.theresidencesuites.com>



### Mata Hari Restaurant

Located on Thapraya Road going in the direction of Jomtien on the left side past the overpass coming from South Pattaya. Mata Hari is noted as being one of Pattaya's premier restaurants for consistent quality and value for money. An innovative menu offering traditional European Cuisine and an extensive wine menu. A beautiful Lounge Bar is available for before or after dinner drinks.

Tel: 038-259-799 or 081-762-2359.

For Taxi: ร้านอาหาร มาตาฮารี อยู่ในเนอรัวนา เฟลล์ ไปทางจอมเทียน ซอย 15 ก่อนถึงสี่แยก



### Linda's Restaurant

Excellent dining, Seafood, Thai Cuisine, Pizza and International menu. Linda's restaurant is of European Management, and a popular dining choice. Good service and delicious Steaks, Seafood and much more. Try our home made Lasagna, Pizza, Mixed Grill, Crème Caramels. You'll enjoy it!

Air - conditioned or outdoor terrace area available. Open daily 8:00 AM to 01:00 AM Tel. 038-252-726 or 087-813-0115

website: [www.lindasrestaurant.com](http://www.lindasrestaurant.com)

Located opposite Jomtien Complex, Thapraya Road.

For Taxi: เลี้ยวขวา 2 ครั้งข้ามจอมเทียนคอมเพล็กซ์ ด้านซ้ายมือ ก่อนถึงโค้งหมู่บ้าน



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PATTAYA

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### Facilities

Laundry and dry cleaning service Wireless internet throughout Outdoor Swimming pool & Sundeck (READY to SERVICE in November 1<sup>st</sup>, 2011)

- ★ Room service
- ★ Tour counter
- ★ Mini-Van service
- ★ Transportation desk
- ★ Email, Internet, fax service
- ★ Car parking
- ★ CCTV security system
- ★ Restaurant

Coming from Jomtien, take Theprasit down to Soi 6 and make a left. This is also known as Soi Korpai. The Crystal Palace is about 500 meters down on the left side.

Tel. +66 82 783 3999, +66 38 301365, Fax. +66 38 301 366

Email : [rsvn@lkpattaya.com](mailto:rsvn@lkpattaya.com), [crystal@lkpattaya.com](mailto:crystal@lkpattaya.com)





## "Mermaids International Clean Up Day 2011"



Mermaids clean up campaign attracted a total of 351 Participants, who all had a great day out, helping making our waters better, as well as create better awareness of Pattaya as a Dive Destination.

The day started at 6.30am at the main operations center located in Jomtien. All participants registered and received a special commemorative T shirt to mark the day's occasion.

This year the trash was estimated 3.5 tons. Amongst the items collected were old shoes, car parts, rope, fishing line, food packaging, polystyrene, cans, plastic bottles, glass and clothing. The biggest find of the day was a TV. This was slightly more than the 3 tons collected in 2010.

At the Evening event, there was sinner, raffle prizes, and entertainment such as Fire Dance Show, Water Dance Show and Comedian Cabaret Show for all participants to enjoy.

On behalf of Mermaid's Dive Center, we would like to thank you and hope that we can count on your continued support for following events in the future. For any suggestions and comments, please do not hesitate to contact them at [dive@mermaiddive.com](mailto:dive@mermaiddive.com)





# Guide to buying **Property** in Pattaya owning A condominium

Purchasing a condominium is by far the most popular and relatively straight forward method for a foreigner to acquire property in Pattaya. The Condominium Act of Thailand allows foreigners to acquire up to, but not more than, 49 percent of the total space of a condominium project. Funding for the condo purchase must be transferred from abroad into a Thai bank account.

Although purchasing a condominium is fairly simple process, you should attempt to gather all necessary information on the actual or potential risks involved in the purchase. You should obtain and review every contract that will be signed in connection with the condo purchase and the rules and regulations or the by-laws of the condominium. You should also acquire all other relevant documents pertaining to:

1. the land on which the condo is or will be built,
2. the financing of the project, and
3. the identity and qualifications of the owner, developer, and/or managing company.

After conducting due diligence, you should be comfortable with purchasing the condo and you should know, among other items:

1. that the owner's title is good,
2. that your title will be good,
3. that the owner, developer, and/or managing company are who they claim to be and are sufficiently capitalized,
4. that there are no registered encumbrances on the property
5. that the terms of the contract are clear and reasonable.
6. the fees that you will pay, including fees related to the purchase of the condo, the transfer of the condo, monthly maintenance, and the sinking fund, and
7. that a good and reputable management company will be looking after the project in an orderly and transparent manner (Beware of development companies appointing their own managers as they could be acting with ulterior motives in regards to repairs during the default liability period when the developer is responsible for repairs.).

If you are purchasing property in Thailand "off-plan" (or prior to completion of the construction). Be sure to enlist the service of a lawyer who will ensure that the following



important topics, among others, are addressed in the contract:

1. time frame,
2. price,
3. payment penalties,
4. developers default,
5. guarantee that your payment will be fully refunded should the construction not be timely completed,
6. building floor plan and specifications,
7. alternative dispute resolution in the form of arbitration.

The above due diligence will apply, in part, to the property transactions described below.

## Lease of Land

Foreigners are generally not allowed to own land in Thailand. Foreigners may, however, lease land. The maximum lease period in Thailand for a residential property is 30 years. Land offices are currently refusing to register leases that provide for a total lease period, including any renewals, of more than 30 years. After 30 years, the lease will automatically extinguish. Addendums to leases may include further lease periods resulting in, technically, 60 or 90 year terms. What happens after the original 30 year lease period has lapsed has long been shrouded by myths and over-zealous sales pitches. The renewal terms in the addendums are merely contractual obligations by the parties to renew the lease. If the owner of the land does not wish to renew the lease, it would be up to a court to force the owner to perform pursuant to the addendum.

## Superficies and Usufruct

A superficies may be granted pursuant to Section 1410 of the Civil and Commercial Code. It is essentially a right that can be granted to an individual, irrespective of nationality, to own the "buildings, structures or plantations" on the land. This right may be granted for a maximum period of 30 years or for the life of either the owner of the land or the person granting the right. A superficies may prove to be useful if you have a Thai spouse. Your Thai spouse may purchase a property on a freehold basis and register a superficies in your favor to give you more added protection as a foreigner.

A usufruct is the legal right to use and derive profit or benefit from property belonging to another person. Thailand has adopted this principle in Section 1417 of the Civil and Commercial Code, which provides that an "immovable property may be subjected to a usufruct by virtue of which the usufructuary is entitled to the possession, use and enjoyment of the property." A usufruct can be registered for the life of the usufructuary or for a maximum of 30 years. During the period of the usufruct, the owner cannot sell or transfer the property and you can rent out the property and receive rental income.





## Thai Company

A foreigner can set up a Thai limited company and buy land in the name of that company. Note, however, that the Thai limited Company must be owned 100% by Thai persons at the time that the land is transferred into the name of the Thai limited company. Stringent measures have been put in place by land offices to ensure that the Thai shareholders in a company are indeed genuine. After the property is owned by the Thai limited Company, a foreigner can own 49% or less of the shares of the Thai limited company.

## Thai Spouse

A Thai spouse can purchase land in Thailand. The foreign spouse must sign a declaration stating that the funds used to buy the land belong to the Thai spouse and also that the foreign spouse waives any right to the ownership of the land. The foreign spouse should register a lease, superficies, or usufruct on the land to protect his or her interests.

## Land Measurement

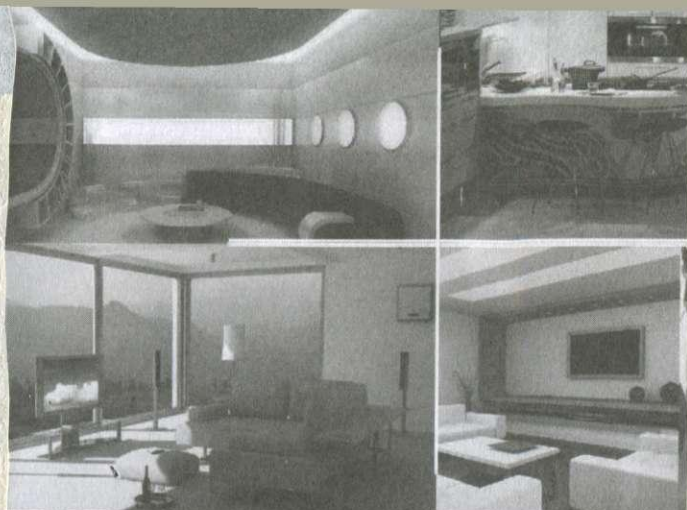
Land in Thailand is measured in rai, ngan and wah. Land prices are expressed in baht per rai or baht per wah for smaller plots. Below are the applicable conversion measurements.

1 sq. wah	= 4 sq. m.
1 acre	= 2,471 rai or 43,560 sq. ft.
1 ngan	= 100 wah or 400 sq. m.
1 hectare	= 6.25 rai or 10,000 sq. m.
1 rai	= 4 ngan or 1600 sq. m.

## Thailand Property Taxes

Applicable property taxes vary based upon the party paying the taxes and the purpose of the taxes. A brief outline of Thailand property taxes is set forth below.

Transfer fee	0.01% of the registered value of the property
Stamp duty	0.5% of the registered value of the property
Withholding tax	1% of the appraised value of the property of market value, whichever is higher
Specific business tax	0.01% of the appraised value of the property of market value whichever is higher if selling within 5 years
Land and usage tax	12.5% of the assessed rental value of the property if the property is used to generate rental income
Lease registration fee	1.1% of the appraised rental value or market value of the property



## + WHAT GOES INTO CREATING THE BEST HIGH-END CONDOS AND POOL VILLAS?

By Jack Miles

Although, the market for pool villas and high-end condos in the Kingdom appears to still be relatively stable, developers and private owners alike are more keen than ever to offer something special to entice high net worth buyers.

The reason for the resilience in the market may well be due to the fact that there are plenty of people who benefit from opportunities even in poor economic times. Those who are shrewd often find that recessions provide just as much profit opportunity, if not more so, than in boom times. Yet with the market in Thailand providing a very wide range of high end property offerings, astute buyers may be looking for something just that little bit more special than the norm of late.

Interior design now goes a long way to securing a sale. The use of very modern boutique style aesthetics is almost expected; yet some developers have been able to go one step further to create something even more unique. By combining ultra modern design with some carefully chosen traditional features, buyers can be wooed in a market which is increasingly competitive.





Providing some examples of fine art may be one way to attract those with a good eye for detail. It is also a very suitable way to justify high asking prices. Some care needs to be taken though to ensure that any chosen extras will fit with the theme of the original interior design.

When it comes to facilities and features of the more modern stature, extras such as a Jacuzzi room, or an outside terrace can certainly be a draw. Space that can be designed for special uses will make a property that much more valuable.

For pool villas, a good sized pool along with privacy is important. Planning an interesting and functional shape is not difficult and could make all the difference. The overall design of the pool itself should serve to highlight those areas around it too. Adding greenery and external water features to combine a pool area and garden setting works well, even when a separate garden is offered with the property. Carefully chosen poolside furniture and well designed outside lighting can provide a compelling finishing touch.

When it comes to interior design, achieving the feeling of spaciousness whilst at the same time providing a feeling of warmth and comfort is key to securing a sale. Much is down to optical illusions, with color and light sources playing a big part. Wise choice of floor tiles, and their orientation can further create space even in smaller areas. For kitchens, functionality combined with clean lines can ensure that the space is welcoming and still appearing to be of a good size.

For lounge areas, a choice of modern soft furnishings and wall mounted LCD / Plasma flat screen TV's will go a long way to providing a living space that is considered to be spacious and chic. Dining areas are easy to create and can instantly add a feel that is akin to a classy restaurant setting.



Providing split-level areas can help to give a unique feel to the property and can create space by making a room appear to have separate areas. Interesting staircase options also provide a special look. At the end of the day, the feeling that the buyer has secured uniqueness is all-important.

Bedrooms are usually expected to be spacious and with thoughtfully conceived storage. Most high-end villa and condo buyers would likely expect a walk-in wardrobe and an en-suite bathroom in the master and second bedrooms. Extra touches such as a make up or dressing area, and a separate area for business needs will add elegance and value.

Look for dark wood finishes with modern lines as these are now squarely in vogue. For soft furnishing, creams, oranges and reds blend well. Light colored rustic close-fitting ceramic tiles or wood floors in pine provide a combination of light airy space and contrast with the above choice of furnishings.

Additional functional rooms are easy to add and will help any property to stand out. A snooker room, a Sauna and/or a private gym don't necessarily have to take up too much space and may look better than an extra bedroom or two. Thus for an existing owner, converting rooms in this way can instantly lead to extra value. For developers looking to plan a new offering, these extras could make all the difference.

When it comes to condominiums, developers are looking to incorporate these extras into common areas. For the astute buyer then, one of the key demands is that common facilities are every bit as luxurious as would be the case with a private villa. The number of users is also important with most high-end condo buyers seeking out smaller developments so as to retain an exclusive edge when it comes to enjoying facilities.

Finally, security and the upkeep of common areas are always important to buyers, and so whether it be villa or a high-end condo development, good security and a responsive management team is essential. When it comes to the rental market, high net worth individuals will likely be looking for all of the same facilities and standards that buyers will already be expecting.

By considering all of the above aspects it is possible to create a property that is truly stunning and that will hold definite appeal for high net worth buyers and tenants alike.





## ...Chew away your Anxiety and Anger....

*by Rachael Gill*

**S**tress is one of the inescapable consequences of today's busy life. In the fast pace, demanding situations that brazen out to us almost daily, anger and anxiety becomes our constant cohort, so much so that some even stop noticing that these are wrecking their lives. They feel that it is perfectly natural and normal for them to sulk or blow their top every day. Then there are others who concede that these are having a ruinous effect on them but do not know how to rid themselves of it.

Perhaps you already are trying out meditation, counseling, or mood-elevating medications. To obtain full benefits from any of these remedies, it is necessary to carry out effortless lifestyle changes that boost their efficacy and aids you in winning your battle against stress hands down. Nonetheless, it is ignored by a majority of people and this is not

because it is too difficult. Rather, it happens to be so easy that very few fully appreciate its importance or realize that it can revolutionize their life. Believe it or not, it works like a charm. All that is to be done is to give a fair trail of 21 days, a minimum obligatory period for the positive results to start flowing. The benefits are assured to go beyond your expectations and there are two other reasons to give it try, one it costs nothing and two, it provides numerous benefits.

Set aside half an hour for each of your meals. This period must not be encroached upon unless the "pressing task" that you have at hand happens to be a matter of life and death. First, decide how small you can make each of your morsels. Once you have put that chunk in the mouth, make sure that you do not swallow it till you have chewed it 32 times.

Whether you keep count by mentally saying one to 32 or not is entirely your choice. Just ensure that the food is masticated so thoroughly that it turns into a liquid. This may seem to be quite an ordeal at the beginning; however, things will become a lot easier after a week or so.

In just three short weeks you will find to your surprise that your anger and anxiety are giving way to peace and tranquility. It will no longer be a question of persuading yourself not to give in to earlier destructive traits, these will just not arise from within as often as they used to.

The extent of stress reduction will depend on the intensity of your initial problem. A person who was prone to extreme temper tantrums to begin with would not become as level headed as another person who started off as fairly even-tempered. After all, several other factors come into play but the results will be dramatic in each and every case.

All the food must be suitably broken down before it can be absorbed into the blood stream. Opposing to the popular belief, digestion does not start in the stomach but in the mouth itself. The elaborate process is carried out by the amazing system of the human body through mixing nearly eight liters of saliva, three liters of gastric juice – mainly hydrochloric acid – secreted by some 35



million glands in the lining of the stomach (destroying bacteria in the food, clots milk and splits protein), bile from liver (breaking big globules of fat into minuscule ones that can be processed by pancreatic enzymes) and more than two liters of intestinal juices from innumerable glands.

Enzymes in the saliva, including ptyalin or amylase, which converts cooked starches into sugars, and lipase which digests fat cannot be produced elsewhere. So if you swallow your food without proper chewing, it will remain undigested. The result will be deprivation of essential nutrients even if you are over-eating; it is this deficiency that makes you feel melancholy and despondent.

Ironically, wrongly eaten food initially causes stress and this further hampers the digestive process. Thus a vicious cycle starts with one problem aggravating the other. Although how our stomach and intestines behave is beyond our control, we can certainly control what happens in our mouth.

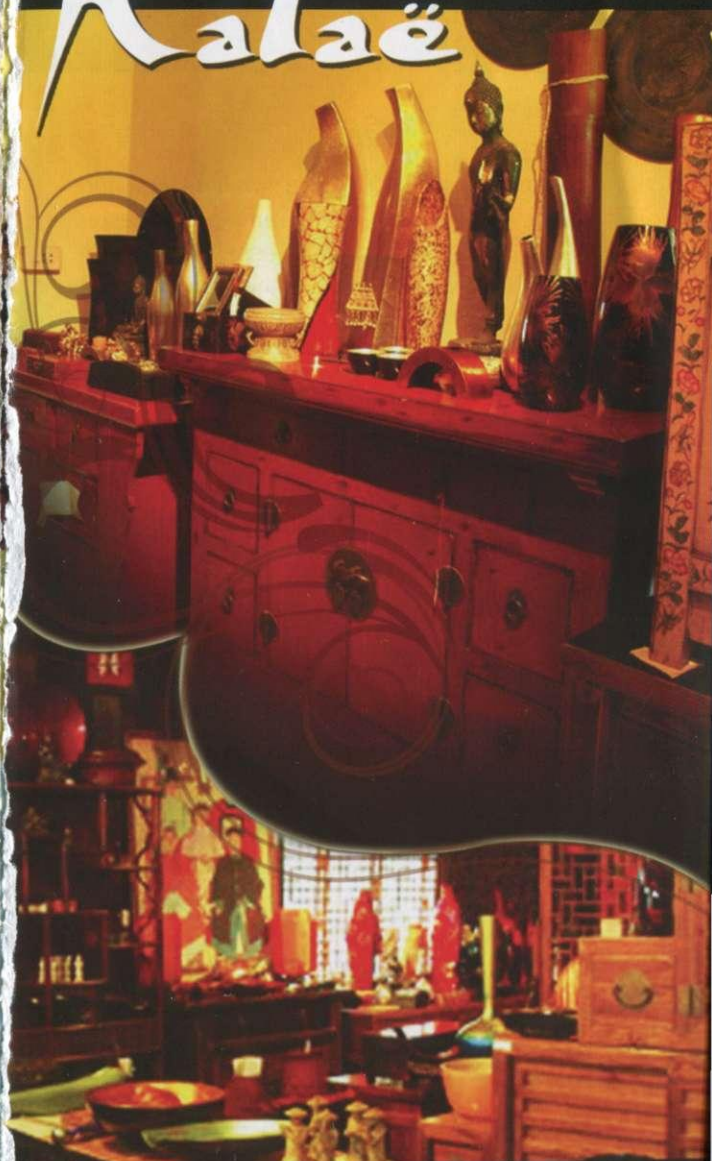
The old proverb, "Drink your food and eat your water", must be treated as a mandatory instruction as the body only makes limited amounts of digestive acids and juices. The stomach can only churn the food, not grind it, which is the job of your teeth. If there are lumps in the food which goes from your mouth down your gullet, the digestive system instead of putting them to good use becomes overburdened, leading to constipation. This further enhances the sensation of lethargy and sluggishness.

Proper chewing affords a special bonus to weight watchers. By doing so, you get the feeling of fullness much before you are through with your meal. The undigested excess food accumulates in the system, leading to weight gain and a heightened sense of helplessness and wretchedness. Proper chewing protects you from these problems.

Just recount the benefits that you derive by just moving your jaw and give chewing a chance. Make your 32 teeth or as many as you are left with do their job unremittingly because no other body part can do it.

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Lease 3 + 3 years  
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B. 40,000 rent per month Purchase price – B. 7 M.

Contact details:  
[eastpattaya@yahoo.com](mailto:eastpattaya@yahoo.com)



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4 km from the sea, with private sand beach with palm trees around a big saltwater-system swimming pool with jacuzzi and private bar.

Land area 1040sqm.

House 400sqm

15m sand beach with palm trees on big (15x12m) overflow-system pool with saltwater-system.

"unique" 4 swim-in bathrooms (you can swim from the bathrooms into the pool)

Jacuzzi..private outside bar with special drinks cooler, billard table. 2 kitchens (1 inside and 1 outside kitchen)

: American freezer

-fridge with ice machine,

oven ,microwave, stainless -steel BBQ.

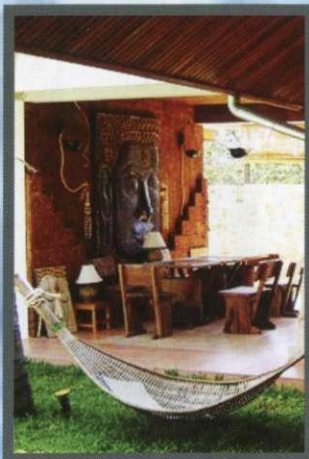
Granite tops every where..

The house is fully furnished,

"special" big fans in the cavity walls are keeping the house cool !

stainless steel guttering,

double car park with automatic gate,



landscaped garden with sprinkler system 2m high granite wall all around for 100% privacy

- living room 30x8m
- 4 bedrooms+1 maid room
- bathroom
- 6 Daikin Air-con - Cable TV - Phone line, Internet
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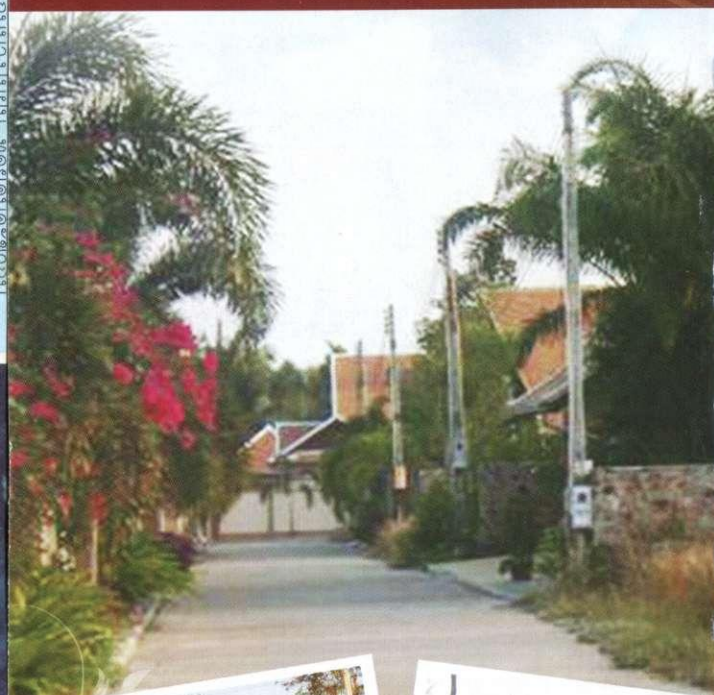


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contact

Jon: 087-140 4655

Irene: 087-830 3695

Norsk-English

**Baht 950,000**





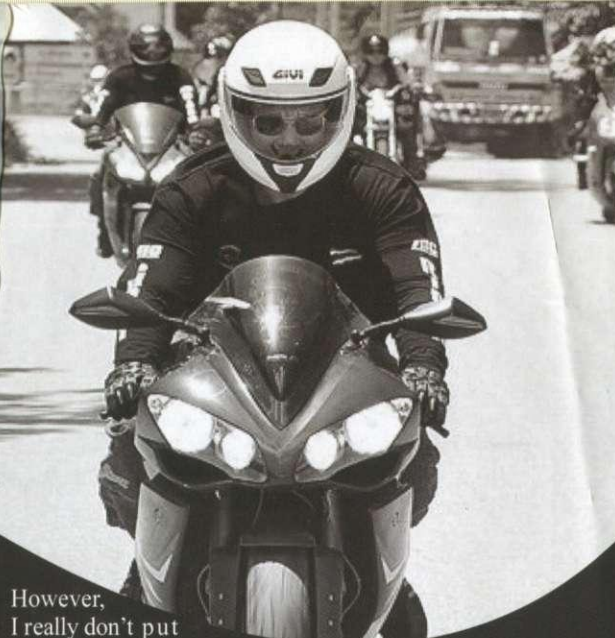
# MOTORCYCLE STORY

Thomas Rossetti



## Hello Motorcycle Enthusiasts!

I seem to get asked often from guys who are especially on holiday here the in's and out's of riding a big bike in Pattaya and whether it is a good idea to do so. Regardless of whether the bike is big or small, accidents affect all of us pretty much the same way. It was mentioned to me recently in conversation how lucky I have been in that I have only gone down once on a motorcycle in Thailand. That was in Koh Samui. I suppose I could agree to say I was a bit unlucky in that going around a turn near Big Rock, I found a large truck in my lane. There were only two fast options available to me at that time. Either I could hit the truck head on or go off the road into a drainage ditch. I took the latter option and remember almost every mili-second of riding that one out until I hit a large boulder and was sent airborne with the bike and yours truly landing in a hard to access and out of sight from the main road ditch.



However,

I really don't put

too much credence in this thing some call luck. Going back to the open conversation several of us were having about riding a motorcycle here. It can be said certainly that the probability of having an accident on a motorcycle goes up in accordance to basic factors.

1. How often do you ride the motorcycle. For me I presently ride about 45% on the bike and the remaining in a truck.

2. Do you ride at night and drink before you drive.

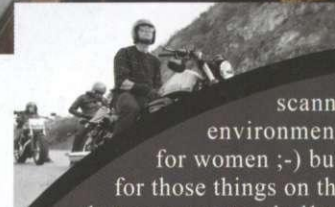
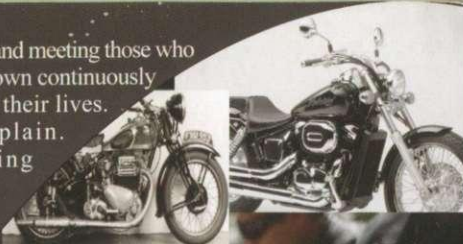
3. Is the bike in good running condition and are you familiar with its nuances. I think most would agree that every bike has its own "personality" that is discovered over time. Any distraction that takes you from putting complete concentration on riding creates a chance for an accident to occur.

4. Of course if you combine any or all of these factors that create a positive in your probability column your chances of going down on the bike are more likely. This is something most do not think about.

One thing I would like to mention is your ability to be pro-active while riding. Actually, this term is used a lot in Executive Protection and Security situations but just for a moment to demonstrate my point I will use it.

It's the idea of figuring out quickly what could happen in any situation before it occurs and creating solutions or in the case of riding, evasive actions beforehand. In motorcycle terms, we call it, **Search, Predict and Act.** I truly believe that understanding and practicing this principle of riding IS the difference between riding a lifetime of

no incidents and meeting those who have gone down continuously throughout their lives. Let me explain. While riding you are continuously searching or



scanning the

environment. ( not

for women ;-)

but rather

for those things on the street

that can create challenges. I

usually like to test myself and when

stopping at a light scan in every direction

to observe those things that could become

a problem for me or for others. The 5 people

on a motorcycle. The intoxicated Riders.

The person talking on their mobile. Once you

search these situations, you then predict, what

can happen in a situation whereas you may be

involved because of perhaps, close proximity to this

Rider or to a domino effect that could possibly

happen in a sequence of predictable events. Then you

act to avoid the situation. When you practice this for

a long time it becomes second nature. When you just

start using this methodology it can perhaps be a

challenge. I have a friend who told me that when he

initially was aware of this concept and he started to

practice it he found himself driving too slow.

This in itself sometimes can qualify as a hazard

that sometimes we need to avoid. Nevertheless, the roads

of Pattaya can be a tough learning ground for riding

a motorcycle and if you are on holiday and considering

the idea of renting a bike, do realize that it is very

inexpensive to get around on Baht buses and moto

taxis and most times it can even add to your fun

experience here. Better safe than sorry as they say.

Or better put, Search, Predict and Act. Ride Safe and Enjoy!

